



Central East

REGIONAL CARDIOVASCULAR REHAB

Patient's Name: _____

Exercise Therapist

Phone: _____

ext. _____

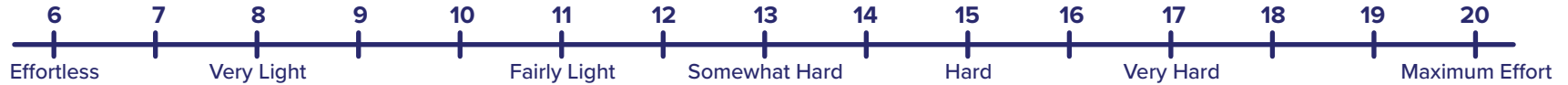
• Fax: _____

Email: _____

Exercise Prescription: Always warm up and cool down.

This week: _____, _____ days and resistance training (RT) _____ days

RPE Scale (Rating of Perceived Exertion):



Date	Cardio-Based Exercise <i>(i.e., walking, cycling)</i>	Distance	Minutes	RPE	Resistance Training		Comments <i>(symptoms, exercise heart rate, medical visits, medication changes etc.)</i>
					# of Sets Completed	RPE	

Total cardio-based exercise minutes this week = _____ minutes

RESISTANCE TRAINING EXAMPLE:

For more information, speak to your Exercise Therapist, refer to our resistance training package, or visit our website: www.GetHeartHealthy.ca



MUSCLE GROUP: LEGS



MUSCLE GROUP: BACK



MUSCLE GROUP: CHEST



MUSCLE GROUP: ARMS



MUSCLE GROUP: CORE



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Health Vision: A health vision statement helps you imagine what is your “best-self”. Ask yourself, what could I be doing consistently in three months from today? How would I like to feel? How is my future self different than my current self?



My health vision is:

S.M.A.R.T. Goals: The acronym S.M.A.R.T. is a tool that can be used to guide goal setting. Fill out the chart below with one or two goals to work towards this week.

S Specific	Be specific about what you want to accomplish. What do you want to achieve? Who will be involved? Where will you achieve it?
M Measurable	How will you track your progress and determine when you have reached your goal?
A Achievable	Will you be able to safely and realistically achieve your goal?
R Relevant	Make sure that the goal matters to you! Why are you setting this goal?
T Timely	When do you want to achieve this goal by?

How important is achieving this goal to you?

On a scale of 0 to 10 the importance of the goal you are working on should be greater than 7.

How confident are you in achieving this goal?

On a scale of 0 to 10 your confidence in achieving the goal you are working on should be greater than 7.