

Appendix G

Example of Daily Exercise Session Report

Institution/Program name: _____

Cardiac Rehabilitation: _____

Patient Name: _____

Session #: _____ THR: _____ Session Date: _____

Session Summary				
<input type="checkbox"/> Meds Taken Comments: _____ _____	Rest HR: _____	Rest BP: _____	Baseline ECG: _____ _____ _____	Class Start Time: _____
Weight: _____	Peak HR: _____	End BP: _____	_____ _____ _____	Class End Time: _____
Pre-BS: _____ Post-BS: _____	End HR: _____	S/S: _____		Session MD: _____
Problems/concerns since last session: _____ _____ _____				
Comments: _____ _____ _____				

#	Modality	Ex min	Prescribed work load	Est. MET level	HR	RPE	ECG/symptoms comments	Other data, e.g., BP, SaO ₂
1	Rest		-	-				
2	Warm-up		-	-				
3	Treadmill		mph/ %grade					
4	Arm ergometer		Watts					
5	Bike ergometer		Watts					
6	Rower		Watts					
7	Resistance training		setting					
8	Treadmill		mph/ %grade					
9	Cool-down		-	-				

Post-Session Comments/Plan: _____

From *Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs, Fifth Edition*, by American Association of Cardiovascular and Pulmonary Rehabilitation, 2013, Human Kinetics, Champaign, IL.