

MY WEEKLY EXERCISE LOG

		AEROBIC EXERCISE		STRENGTH TRAINING		STRETCHING & BALANCE	
Day of week / Date	Did You Exercise?	Duration (# of minutes)	RPE (exertion level)	Duration (# of minutes)	RPE (exertion level)	Duration (# of minutes)	RPE (exertion level)
Monday ___ / ___							
Tuesday ___ / ___							
Wednesday ___ / ___							
Thursday ___ / ___							
Friday ___ / ___							
Saturday ___ / ___							
Sunday ___ / ___							
Goals:	--	30-35 mins 4x weekly	Mod. / Intense RPE: 6-8	15-20 mins 2x weekly	Moderate RPE: 4-6	10-15 mins 2x weekly	Light RPE: 2-3
Examples:	--	Aerobics classes, jogging, biking, swimming, cardio equipment		Weight machines, resistance bands, free weights, push-ups		Stretching, Tai Chi, Light Yoga	

**Stretching, Balance,
Range of Motion**
Goal: RPE = 2-3

Strength Training
Goal: RPE = 4-6

Aerobic Exercise
Goal: RPE = 6-8

Ratings of Perceived Exertion (RPE)

1. Okay to go!

- "I feel great, and I'm breathing normally."

2. Very, very light intensity

- "I feel good. I don't even feel like I'm exerting myself."

3. Very light intensity

- "This is fun. I feel like I could go forever."

4. Light intensity

- "I can tell I'm exercising. I feel good."

5. Moderate intensity

- "I'm sweating a little. I'm working."

6. Moderate to intense

- "I'm exercising harder than I thought I would. I'm getting a workout. I can talk but I prefer not to."

7. Intense

- "The workout is hard, but I can take it. I do not want to talk."

8. Very intense

- "This is difficult. I'm breathing hard. I'm not sure how long I can go. I am unable to talk comfortably."

9. Very, very intense

- "I'm very uncomfortable. I don't think I should do this very long. I should slow down."

10. Maximum intensity

- "I'm completely exhausted. I must slow down immediately."