

# INPATIENT CARDIAC REHABILITATION

Daily Exercise Log

PATIENT NAME

ROOM #

DATE

Time / Phase	Activity / Exercise	Duration	Resting HR/BP	Peak HR/BP	RPE (6-20)	Symptoms / Notes
	Warm-up					
	Activity 1					
	Activity 2					
	Cool-down					
	Warm-up					
	Activity 1					
	Activity 2					
	Cool-down					

**Borg Rating of Perceived Exertion (RPE):** 6 (No exertion) – 9 (Very light) – 11 (Light)  
– 13 (Somewhat hard) – 15 (Hard) – 17 (Very hard) – 20 (Maximal)

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