

PHASE II CARDIAC REHABILITATION LOG

PATIENT NAME:
WEEK OF:
TARGET HR:

DATE	ACTIVITY / MODALITY	DURATION	RESTING HR	PEAK HR	RPE (6-20)
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Borg Rating of Perceived Exertion (RPE) Key:

6 - No exertion 11 - Light 13 - Somewhat hard 15 - Hard 17 - Extremely light 12 - Target Zone 14 - Target Zone 17 - Very hard

SYMPTOMS OR NOTES:
PHYSICIAN/STAFF SIGNATURE: