

CARDIAC REHABILITATION INTENSITY TRACKING

Target Heart Rate Zone ____ to ____ BPM

PATIENT NAME
WEEK STARTING
SUPERVISOR

Date	Activity / Exercise	Duration	Resting HR	Peak HR	RPE (6- 20)	Recovery HR (1m)
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Borg Rating of Perceived Exertion (RPE) Reference:

6-8: Very Light
9-11: Light
12-14: Somewhat Hard
15-16: Hard
17-20: Very Hard

CLINICAL NOTES (SYMPTOMS, MEDICATIONS, OR CONTRAINDICATIONS)

This document is a template for tracking purposes only. Consult your physician for specific clinical targets.