

# Activity Record

## Information for patients

You may find it useful to keep an activity diary. This is a method of recording any active minutes/ steps/walks/general activities of daily living or exercise programmes completed. For each activity, think about how hard you found it and record this in terms of RPE. These can be discussed with your Cardiac Rehabilitation Practitioner and guidance can be given on how to progress these levels of activity in line with your own goals.

As part of your assessment you should have identified some short and long term goals, and also identified how important and confident you are in achieving these. These need to be realistic and achievable to avoid demotivating yourself. If you are unsure, please discuss this with your Cardiac Rehabilitation Team.

Day and date	Activity completed	RPE (6-20)	Other comments
e.g. Monday 1/1/2020	Warm up / half of circuit and cool down. 3 mile walk - 1 hour	13 11	Enjoyed but struggled half way Took the dog out, tired after

Table continues overleaf

