

# Activity log

Date/ Time	Weight	Zone	BP	HR Resting	HR During Activity	HR Post Activity	Activity	RPE	Comments

- HR heart rate
- BP blood pressure
- RPE rate of perceived exertion

## How to take your pulse

Turn your hand over, palm side up. Place 2 fingers from your other hand at the base of the thumb. Feel your pulse by pressing lightly in the little groove. Watch a clock with a second hand. The number of times you feel your heart beat in one minute is your heart rate.



## Exercise and daily activity log

- It is best to keep an activity log to track your progress.
- Warm-up and cool-down exercises are recommended as part of your exercise routine.
- Try to achieve a goal of 30-60 minutes of exercise at least 3x per week.
- Balance activity and rest.