OSF Saint Anthony Medical Center

A COMMITMENT TO LIFE

EXERCISE LOG

Rating of Perceived Exertion Scale (RPE)

0	1	2	3	4	5	6	7	8	9	10
very, very light		very light		fairly light		somewhat hard		hard	very hard	very, very hard

Print out this exercise log to keep track of type of exercise and frequency.

To gauge the intensity at which you are exercising you can use the Rating of Perceived Exertion (RPE) scale. The RPE scale can help you exercise at a comfortable level. The level of exertion at which you exercise is dictated by how difficult the activity feels to you. You should set your goals to be in the 5-7 range.

Date	Type of Exercise	Total Steps (if walking)	Miles	Calories	Steps Short of 10,000	RPE
Example 10-1-02	*walking*	*2,000*	*1 mile*	*400*	*8,000*	*6*

For more information on heart disease or on how to buy a pedometer, please call 1-888-6-ASK OSF.