## **Monthly Dialysis Exercise Log – Cycling**

## Patient Details (attach sticker):

**Date Completed:** 

| Date   | Resting HR, BP, RPE,<br>Blood Glucose (BG)   | Watts (W) | Time (mins) | Session HR, BP,<br>RPE   | 3 mins Post Exercise<br>HR, BP, RPE  | Comments<br>(if any) |
|--------|--|-----------|-------------|--|--|----------------------|
|        |  |           | Week        | 1  |  |                      |
| 1      | HR   |           |             | HR   | HR   |                      |
|        | BP   |           |             | BP   | BP   |                      |
|        | RPE  |           |             |  |  |                      |
|        | BG   |           |             | RPE  | RPE  |                      |
| 2      | HR<br>BP   |           |             | HR   | HR   |                      |
|        | RPE  |           |             | BP   | BP   |                      |
|        | BG   |           |             | RPE  | RPE  |                      |
| 3      | HR   |           |             | HR   | HR   |                      |
|        | BP   |           |             | BP   | BP   |                      |
|        | RPE  |           |             |  |  |                      |
|        | BG   |           |             | RPE  | RPE  |                      |
| _      |  | [         | Week        |  |  |                      |
| 1      | HR   |           |             | HR   | HR   |                      |
|        | BP<br>RPE  |           |             | BP   | BP   |                      |
|        | BG   |           |             | RPE  | RPE  |                      |
| 2      | HR   |           |             | HR   | HR   |                      |
|        | BP   |           |             |  | BP   |                      |
|        | RPE  |           |             | BP   |  |                      |
|        | BG   |           |             | RPE  | RPE  |                      |
| 3      | HR   |           |             | HR   | HR   |                      |
|        | BP   |           |             | BP   | BP   |                      |
|        | RPE<br>BG  |           |             | RPE  | RPE  |                      |
|        |  |           | Week        |  |  | _                    |
| 1      | HR   |           |             | HR   | HR   |                      |
|        |  |           |             |  |  |                      |
|        | BP   |           |             | BP   | BP   |                      |
|        | BP<br>RPE  |           |             |  |  |                      |
|        |  |           |             | RPE  | RPE  |                      |
| 2      | RPE<br>BG<br>HR  |           |             |  | RPE<br>HR  |                      |
| 2      | RPE<br>BG<br>HR<br>BP  |           |             | RPE<br>HR  | HR   |                      |
| 2      | RPE<br>BG<br>HR<br>BP<br>RPE   |           |             | RPE<br>HR<br>BP  | HR<br>BP   |                      |
|        | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG   |           |             | RPE<br>HR<br>BP<br>RPE   | HR<br>BP<br>RPE  |                      |
| 2<br>3 | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR   |           |             | RPE<br>HR<br>BP<br>RPE<br>HR   | HR<br>BP<br>RPE<br>HR  |                      |
|        | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP   |           |             | RPE<br>HR<br>BP<br>RPE   | HR<br>BP<br>RPE  |                      |
|        | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR   |           |             | RPE<br>HR<br>BP<br>RPE<br>HR   | HR<br>BP<br>RPE<br>HR  |                      |
|        | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE  |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE  | HR<br>BP<br>RPE<br>HR<br>BP  |                      |
|        | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE  |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE  | HR<br>BP<br>RPE<br>HR<br>BP  |                      |
| 3      | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>BG  |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>4<br>HR                                       | HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR                                       |                      |
| 3      | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>BG<br>HR<br>BP<br>RPE   |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>4<br>HR<br>BP                                 | HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP                                 |                      |
| 3      | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>BP<br>RPE<br>BG                          |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>4<br>HR<br>BP<br>RPE                          | HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE                          |                      |
| 3      | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>HR                                 |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>4<br>HR<br>BP<br>RPE<br>HR                    | HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR                    |                      |
| 3      | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG              |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>4<br>HR<br>BP<br>RPE                          | HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE                          |                      |
| 3      | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>RPE<br>BG |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>4<br>HR<br>BP<br>RPE<br>HR                    | HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR                    |                      |
| 3      | RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG<br>BG<br>HR<br>BP<br>RPE<br>BG<br>HR<br>BP<br>RPE<br>BG              |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>4<br>HR<br>BP<br>RPE<br>HR<br>BP              | HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP              |                      |
| 3 1 2  | RPEBGHRBPRPEBGHRBPRPEBGHRBPBPHRBPRPEBGHRBPRPEBGRPEBGBPRPEBGBPRPEBGBPBPBPBBBPBBBPBDBDBDBDBDBDBCBC                                 |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>4<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR | HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR |                      |
| 3 1 2  | RPEBGHRBPRPEBGHRBPRPEBGHRBPHRBPHRBPRPEBGRPEBGHRBPRPEBGHRHRBPRPEBGHRHRHRHRHRHRHRHRHRHR  |           | Week        | RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>4<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE       | HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE<br>HR<br>BP<br>RPE       |                      |

Moderate HR range: \_\_\_\_\_ bpm

Strong HR range:

Comments

bpm

## Recording Instructions for Cycling during Dialysis

| To help you complete the <u>Monthly Dialysis Exercise Log - Cycling</u> , use the followin | g |
|--|---|
| instructions:  |   |
|  |   |

| Make sure your patients exercise safely, for            | Make sure your patients exercise safely, follow the guidelines on page 17, 22, 26 & 27.      |  |  |  |  |
|---|--|--|--|--|--|
| ✓ Use the guidelines on page 18 & 19 to cal HR ranges.  | Use the guidelines on page 18 & 19 to calculate your patients moderate and strong HR ranges. |  |  |  |  |
| At rest, record the following values:                   |  |  |  |  |  |
| ★ HR – Heart rate                                       |  |  |  |  |  |
| ★ BP – Blood pressure                                   |  |  |  |  |  |
| ★ RPE – Ratings of perceived exertion (0-               | -100)  |  |  |  |  |
| ★ BG – blood glucose (if diabetic)                      |  |  |  |  |  |
| During the exercise session, record the fo              | ouring the exercise session, record the following values:                                    |  |  |  |  |
| ★ Watts   | *moderate intensity exercise   |  |  |  |  |
| ★ HR*   | is exercise that is:   |  |  |  |  |
| ★ BP  | ★ 64-75% HR <sub>max</sub> AND/OR  |  |  |  |  |
| ★ RPE*  | ★ RPE 23-30 AND/OR   |  |  |  |  |
| ★ Time (duration) completed                             | ★ Talk Test: patient can<br>talk but not sing  |  |  |  |  |
|   |  |  |  |  |  |
| *Remember: HR and RPE should be at least o              | of moderate intensity  |  |  |  |  |
| $\checkmark$ 3 minutes after the exercise session, reco | 3 minutes after the exercise session, record the following values:                           |  |  |  |  |
| ★ HR  |  |  |  |  |  |
| ★ BP  |  |  |  |  |  |
| ★ RPE   |  |  |  |  |  |
|   |  |  |  |  |  |
|   |  |  |  |  |  |
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