

# 8 Week Exercise Log

Week 1



Made possible by generous support from



|             |                    |                 |                                   |                        |
|-------------|--------------------|-----------------|-----------------------------------|------------------------|
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath (0-10)</b> | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |

# 8 Week Exercise Log

## Week 2

|             |                    |                 |                                   |                        |
|-------------|--------------------|-----------------|-----------------------------------|------------------------|
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath (0-10)</b> | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |

# 8 Week Exercise Log

Week 3



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|             |                    |                 |                                   |                        |
|-------------|--------------------|-----------------|-----------------------------------|------------------------|
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath (0-10)</b> | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |

# 8 Week Exercise Log

Week 4



Made possible by generous support from



|             |                    |                 |                                   |                        |
|-------------|--------------------|-----------------|-----------------------------------|------------------------|
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath (0-10)</b> | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |

# 8 Week Exercise Log

Week 5



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|             |                    |                 |                                   |                        |
|-------------|--------------------|-----------------|-----------------------------------|------------------------|
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath (0-10)</b> | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |

# 8 Week Exercise Log

Week 6



Made possible by generous support from



|             |                    |                 |                                   |                        |
|-------------|--------------------|-----------------|-----------------------------------|------------------------|
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath (0-10)</b> | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |

# 8 Week Exercise Log

Week 7



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|             |                    |                 |                                   |                        |
|-------------|--------------------|-----------------|-----------------------------------|------------------------|
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath (0-10)</b> | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |

# 8 Week Exercise Log

Week 8



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|             |                    |                 |                                   |                        |
|-------------|--------------------|-----------------|-----------------------------------|------------------------|
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath (0-10)</b> | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |
| <b>Day</b>  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|             | Warm up/stretching |                 |                                   |                        |
| <b>Date</b> | Strength training  |                 |                                   |                        |
|             | Cardio training    |                 |                                   |                        |
|             | Balance training   |                 |                                   |                        |



# 8 Week Exercise Log

Week \_\_\_\_



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|               |                    |                 |                                   |                        |
|---------------|--------------------|-----------------|-----------------------------------|------------------------|
| Day<br>_____  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath (0-10)</b> | <b>Oxygen/Comments</b> |
|               | Warm up/stretching |                 |                                   |                        |
| Date<br>_____ | Strength training  |                 |                                   |                        |
|               | Cardio training    |                 |                                   |                        |
|               | Balance training   |                 |                                   |                        |
| Day<br>_____  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|               | Warm up/stretching |                 |                                   |                        |
| Date<br>_____ | Strength training  |                 |                                   |                        |
|               | Cardio training    |                 |                                   |                        |
|               | Balance training   |                 |                                   |                        |
| Day<br>_____  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|               | Warm up/stretching |                 |                                   |                        |
| Date<br>_____ | Strength training  |                 |                                   |                        |
|               | Cardio training    |                 |                                   |                        |
|               | Balance training   |                 |                                   |                        |
| Day<br>_____  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|               | Warm up/stretching |                 |                                   |                        |
| Date<br>_____ | Strength training  |                 |                                   |                        |
|               | Cardio training    |                 |                                   |                        |
|               | Balance training   |                 |                                   |                        |
| Day<br>_____  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|               | Warm up/stretching |                 |                                   |                        |
| Date<br>_____ | Strength training  |                 |                                   |                        |
|               | Cardio training    |                 |                                   |                        |
|               | Balance training   |                 |                                   |                        |
| Day<br>_____  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|               | Warm up/stretching |                 |                                   |                        |
| Date<br>_____ | Strength training  |                 |                                   |                        |
|               | Cardio training    |                 |                                   |                        |
|               | Balance training   |                 |                                   |                        |
| Day<br>_____  | <b>Exercise</b>    | <b>Duration</b> | <b>Shortness of Breath</b>        | <b>Oxygen/Comments</b> |
|               | Warm up/stretching |                 |                                   |                        |
| Date<br>_____ | Strength training  |                 |                                   |                        |
|               | Cardio training    |                 |                                   |                        |
|               | Balance training   |                 |                                   |                        |