



Pulmonary Rehabilitation Exercise Recording Sheet

Walk goal: _____ corridor laps / treadmill speed

	Session	1	2	3	4	5	6	7	8
	Date								
	SpO ₂								
	Heart rate								
	Breathlessness								
Walk	Duration								
	No. rests								
	Speed/incline or laps/stairs								
	SpO ₂								
	Heart rate								
	Breathlessness								
Cycling	Time								
	Intensity/Watts								
	Heart rate								
	Breathlessness								
Other exercises	No. sets/reps								
	Weight								



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