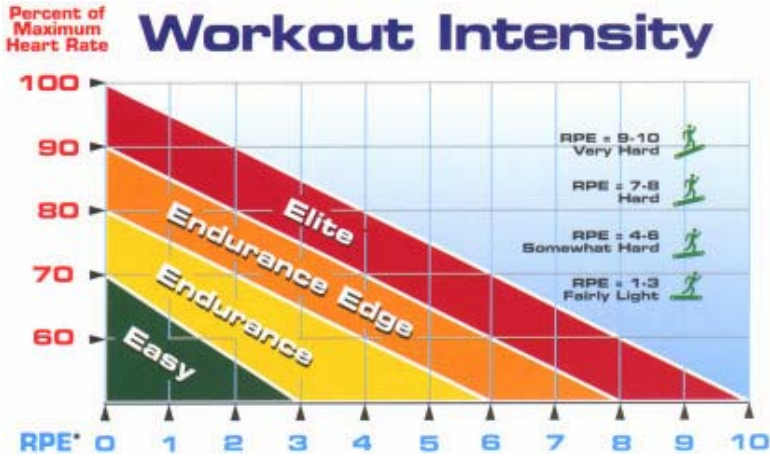


EXERCISE AND HEART DISEASE

Exercise Heart Rate RX: Minimum _____ Ideal _____ Maximum _____



RPE
(Rate of Perceived Exertion)

Rx:

- RPE = 1-3 Fairly light
- RPE = 4-6 Somewhat hard
- RPE = 7-8 Hard
- RPE = 9-10 Very hard

DATE	WEIGHT LBS/KG	TARGET HR	EXERCISE DURATION	RPE	SYMPTOMS

If you develop chest pain, undue shortness of breath or dizziness during exercise, stop your activity. If symptoms persist seek medical attention. Even if symptoms subside, alert your physician to their occurrence.