

## Monthly Dialysis Exercise Log – Cycling

Patient Details (attach sticker):

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

Date Completed:

Strong HR range: \_\_\_\_\_ bpm

Date	Resting HR, BP, RPE, Blood Glucose (BG)	Watts (W)	Time (mins)	Session HR, BP, RPE	3 mins Post Exercise HR, BP, RPE	Comments (if any)
<b>Week 1</b>						
1	HR BP RPE BG			HR BP RPE	HR BP RPE	
2	HR BP RPE BG			HR BP RPE	HR BP RPE	
3	HR BP RPE BG			HR BP RPE	HR BP RPE	
<b>Week 2</b>						
1	HR BP RPE BG			HR BP RPE	HR BP RPE	
2	HR BP RPE BG			HR BP RPE	HR BP RPE	
3	HR BP RPE BG			HR BP RPE	HR BP RPE	
<b>Week 3</b>						
1	HR BP RPE BG			HR BP RPE	HR BP RPE	
2	HR BP RPE BG			HR BP RPE	HR BP RPE	
3	HR BP RPE BG			HR BP RPE	HR BP RPE	
<b>Week 4</b>						
1	HR BP RPE BG			HR BP RPE	HR BP RPE	
2	HR BP RPE BG			HR BP RPE	HR BP RPE	
3	HR BP RPE BG			HR BP RPE	HR BP RPE	

## Recording Instructions for Cycling during Dialysis

To help you complete the Monthly Dialysis Exercise Log - Cycling, use the following instructions:

- Make sure your patients exercise safely, follow the guidelines on page 17, 22, 26 & 27.
- 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 following values:
  - ★ Watts
  - ★ HR\*
  - ★ BP
  - ★ RPE\*
  - ★ Time (duration) completed

**\*moderate intensity exercise is exercise that is:**

★ 64-75% HR<sub>max</sub> AND/OR

★ RPE 23-30 AND/OR

★ Talk Test: patient can talk but not sing

**\*Remember: HR and RPE should be at least of moderate intensity**

- 3 minutes after the exercise session, record the following values:
  - ★ HR
  - ★ BP
  - ★ RPE