Exercise planning sheet

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Fill in this sheet and take it with you when you visit your doctor. You and your doctor can use this sheet to develop your exercise program.

Questions for the doctor about exercise:

- Do I need any special tests before I begin an exercise program?
- Should I take my pulse when I exercise? If so, what range (target heart rate) is best during exercise?
- Should I change the time I take my medications?
- Are there any activities that I should not do for exercise?
- How often should I exercise and for how long?
- Other questions I have:

List activities (such as walking) that you like:

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