



Keeping track of your walking once you are home

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Page 1 of 1

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Week 1 at home (recommended walking speed: 2 miles/hour)					
DAY	Number of walks per day	Time spent walking (per walk) or distance walked (per walk)	HEART RATE (Before 1 st walk)	HEART RATE (After 1 st walk)	COMMENTS e.g. short of breath
1					
2					
3					
4					
5					
6					
7					
Week 2 at home (recommended walking speed: 2 miles/hour)					
DAY	Number of walks per day	Time spent walking (per walk) or distance walked (per walk)	HEART RATE (Before 1 st walk)	HEART RATE (After 1 st walk)	COMMENTS e.g. short of breath
8					
9					
10					
11					
12					
13					
14					
Week 3 at home (recommended walking speed: 3 miles/hour)					
DAY	Number of walks per day	Time spent walking (per walk) or distance walked (per walk)	HEART RATE (Before 1 st walk)	HEART RATE (After 1 st walk)	COMMENTS e.g. short of breath
15					
16					
17					
18					
19					
20					
21					
Week 4 at home (recommended walking speed: 3.5 miles/hour)					
DAY	Number of walks per day	Time spent walking (per walk) or distance walked (per walk)	HEART RATE (Before 1 st walk)	HEART RATE (After 1 st walk)	COMMENTS e.g. short of breath
22					
23					
24					
25					
26					
27					
28					

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Author: Rehabilitation Services - Physiotherapy

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