

Aerobic Exercise Pocket Tool

Calculate Target Heart Rate Zones

Heart Rate Maximum (HR Max)

- HR Max = 220- Age

Moderate Intensity

- 60-75% HR Max

High Intensity

- 75-85% HR Max

Rate of Perceived Exertion (RPE)

0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really Hard
10	Maximum Exertion

Monitor RPE during exercise, and aim to be within these ranges:

- Moderate-intensity: 4-6
- High-intensity: 7-8

*RPE does not directly correlate to HR, but is an additional way to monitor exercise intensity

Consistency of Exercise

Goal to perform Aerobic

Exercise:

- At least 3 days per week
- 30-40 minutes per session moderate-to high-intensity

Red Flags to STOP Exercise

Heart Rate

- Greater than 85% HR max

Blood Pressure

- $\geq 190/100$ mmHg
-OR-
• Less than 90/60 mmHg

If experiencing any of these symptoms, **STOP** exercising and call your healthcare provider:

- Severe Shortness of Breath
- Chest Pain
- Sharp Pains
- Headache
- Nausea
- Vomiting
- Blurred Vision
- Dizziness
- Lightheadedness

Your Personal Information:

use the boxes below to log your exercise information

Moderate Intensity:

Heart Rate

60-75%

Exercise Type

High Intensity:

75-85%

DON'T FORGET!

Log your exercise



Track Heart Rate



Share with PT



Log symptoms

