# My cardiac rehabilitation programme workbook

Name_____

## Your training zone
### (Beats per minute)

**40%**
**Max Heart Rate**

☐ - ☐

**70%**
**Max Heart Rate**

**Please bring this booklet to each of your sessions.**

This booklet is to be used alongside the programme guide and advice of the cardiac rehabilitation team to assist and keep a track of your cardiac rehabilitation programme. Please bring it to each of your sessions.

## Some important things to remember:

- Use the exercise guidelines detailed in the cardiac rehabilitation programme guide (sent by email) to exercise safely and effectively.
- NHS guidelines recommend every adult perform 150 minutes of moderate level physical activity each week.
- Between each moderately intense exercise session, you should leave at least 24 hours to allow the body an appropriate amount of recovery time.
- If possible, have someone with you or nearby while you exercise.
- If you experience any symptoms while exercising, stop, rest, and call for assistance.
- We have many booklets and materials available, please ask the team if you require any specific information.

**Recommended heart rate / Borg score intensity levels**

| Pre-Warm-Up | Warm up | Main session | Cool down | After CD |
|---|---|---|---|---|
| 50 – 100 (Rest) | Rest to 40% | 40 – 70% | 40% to Rest | Within 10 BPM of Rest |
| 6 – 8 (Rest) | Rest to 11 | 11 - 14 | 11 to 8 | 6 – 8 |

**Cardiac rehabilitation team contact details:**
Email: rf.cardiacrehab@nhs.net
Telephone: 0207 830 2871
Royal Free Hospital, 10 West Ward concourse, Pond Street, London, NW3 2QG

# My fitness levels

We determine your fitness levels during your pre and post programme exercise test.

Pre METs ☐ - ☐ Post METs

# My cardiac rehabilitation programme

**Hybrid** ☐    Telephone x \_\_\_\_    Face-to-Face x \_\_\_\_
A mix of both the Face-to-Face and Home-based programmes.

**Telephone appointment: 1:** ☐ _____    **2:** ☐ _____

**Face-to-face** ☐    Tuesdays ☐    Thursdays ☐  Time: _____
The Face-to-Face programme consists of a weekly exercise class.
Location: Rec Club, Fleet Road, NW3 2QG

**Starting date:** _____

**Home-based** ☐    Monday ☐  Wednesday ☐  Time: _____
The home-based programme consists of a weekly telephone call.

**Starting date:** _____

The full details of your programme are provided in the invitation document given / sent to you after your pre-programme appointments.

**Please inform the cardiac rehabilitation team if you cannot attend one of your sessions as we must run a strict attendance policy:** If you miss more than two sessions **without notifying us,** we will discharge you from cardiac rehabilitation.

# My SMART. programme goals

See goal setting in programme guide for tips on setting goals.

| My three best reasons for being more active |
|---|
| **1)** |
| **2)** |
| **3)** |

Make your goals **specific, measurable, achievable, relevant, and time-based.**

| My SMART Goals | |
|---|---|
| **Short term** Achieve in the next 4 weeks? | |
| **Med term** Achieve in the next 4 - 12 weeks? | |
| **Long term** Achieve in the next 3 months to a year? | |

# Tracking your activities

The rest of the pages in this booklet are designed to help you to track your activities, this can help with motivation and so you are aware of your ongoing progress.

The cardiac rehabilitation team will use the notes to monitor your progress so try to fill out your activity diary as accurately as possible, having a way to measure your heart rate while exercising is recommended during and following your cardiac rehab programme.

If you require more of these activity diary pages, please ask a member of the team to be sent a file by email.

Please see the example below on how to fill out your daily activity diary, if you have any further queries, please consult the cardiac rehab team.

**Example:**

| | | | |
|---|---|---|---|
| Mon | Daily activities: | Minutes: | Warm Up: ☑ Cool Down: ☑ |
| | Max Heart Rate: 115 | Walking | Mins: 30 WU: ☑ CD: ☑ |
| | Max RPE (6-20): 13 | Ex videos level 3 | Mins: 50 WU: ☑ CD: ☑ |
| | Daily step count: 5000 | Comments: Felt comfortable – next level | |

# My Cardiac Rehabilitation Programme

| | Completed | Health Talk |
|---|---|---|
| Session 1 | ❑ / / | |
| Session 2 | ❑ / / | |
| Session 3 | ❑ / / | |
| Session 4 | ❑ / / | |
| Session 5 | ❑ / / | |
| Session 6 | ❑ / / | |
| Session 7 | ❑ / / | |
| Session 8 | ❑ / / | |

| | My cardiac rehab | | Date: _____ | | | |
|---|---|---|---|---|---|---|
| Weight: | | BP: | Week:  1  2  3  4  5  6  7  8 | | | |

| | | | | | |
|---|---|---|---|---|---|
| **Mon** | Daily activities: | | Mins: | WU: ❑  CD: ❑ | |
| | Max HR: | | Mins: | WU: ❑  CD: ❑ | |
| | Max RPE (6-20): | | Mins: | WU: ❑  CD: ❑ | |
| | Daily step count: | Com: | | | |
| **Tues** | Daily activities: | | Mins: | WU: ❑  CD: ❑ | |
| | Max HR: | | Mins: | WU: ❑  CD: ❑ | |
| | Max RPE (6-20): | | Mins: | WU: ❑  CD: ❑ | |
| | Daily step count: | Com: | | | |
| **Weds** | Daily activities: | | Mins: | WU: ❑  CD: ❑ | |
| | Max HR: | | Mins: | WU: ❑  CD: ❑ | |
| | Max RPE (6-20): | | Mins: | WU: ❑  CD: ❑ | |
| | Daily step count: | Com: | | | |
| **Thurs** | Daily activities: | | Mins: | WU: ❑  CD: ❑ | |
| | Max HR: | | Mins: | WU: ❑  CD: ❑ | |
| | Max RPE (6-20): | | Mins: | WU: ❑  CD: ❑ | |
| | Daily step count: | Com: | | | |
| **Fri** | Daily activities: | | Mins: | WU: ❑  CD: ❑ | |
| | Max HR: | | Mins: | WU: ❑  CD: ❑ | |
| | Max RPE (6-20): | | Mins: | WU: ❑  CD: ❑ | |
| | Daily step count: | Com: | | | |
| **Sat** | Daily activities: | | Mins: | WU: ❑  CD: ❑ | |
| | Max HR: | | Mins: | WU: ❑  CD: ❑ | |
| | Max RPE (6-20): | | Mins: | WU: ❑  CD: ❑ | |
| | Daily step count: | Com: | | | |
| **Sun** | Daily activities: | | Mins: | WU: ❑  CD: ❑ | |
| | Max HR: | | Mins: | WU: ❑  CD: ❑ | |
| | Max RPE (6-20): | | Mins: | WU: ❑  CD: ❑ | |
| | Daily step count: | Com: | | | |

| My cardiac rehab | | Date: _____ |
|---|---|---|
| Weight: | BP: | Week:  1   2   3   4   5   6   7   8 |

| | Daily activities: | | Mins: | WU: ❑  CD: ❑ |
|---|---|---|---|---|
| **Mon** | Max HR: | | Mins: | WU: ❑  CD: ❑ |
| | Max RPE (6-20): | | Mins: | WU: ❑  CD: ❑ |
| | Daily step count: | Com: | | |

| | Daily activities: | | Mins: | WU: ❑  CD: ❑ |
|---|---|---|---|---|
| **Tues** | Max HR: | | Mins: | WU: ❑  CD: ❑ |
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|---|---|---|---|---|
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|---|---|---|---|

| Weight: | BP: | Week: 1  2  3  4  5  6  7  8 |
|---|---|---|

| | | | | |
|---|---|---|---|---|
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| Weight: | BP: | Week: 1 2 3 4 5 6 7 8 |

| Mon | Daily activities: | | Mins: | WU: ❑ CD: ❑ |
|---|---|---|---|---|
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Notes:

## More information
For more information about the cardiology service at the Royal Free London, please visit our website:
www.royalfree.nhs.uk/services/services-a-z/cardiology

## Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: rf.communications@nhs.net

## Alternative formats
This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.