SurgiFIT Exercise Diary

**The Prince Charles Hospital**

Please fill in the table below with your daily exercise. This allows yourself and your physiotherapist to keep track of your exercises. Log the duration of your cardiovascular exercise and the reps/sets of your strengthening exercises.

**Name: Date of Commencement:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Week 1** | **Cardiovascular exercise** *(walking, bike, swimming)* | **Arm strengthening exercises**  *(bicep curl, upright row, shoulder press, wall push up)* | **Leg strengthening exercises**  *(knee extension, sit-to-stand, calf raise, squat, step up)* |
| **Frequency** | 5-7 days per week | 2-3 days per week | 2-3 days per week |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |
| **Week 2** | **Cardiovascular exercise** *(walking, bike, swimming)* | **Arm strengthening exercises**  *(bicep curl, upright row, shoulder press, wall push up)* | **Leg strengthening exercises**  *(knee extension, sit-to-stand, calf raise , squat, step up)* |
| **Frequency** | 5-7 days per week | 2-3 days per week | 2-3 days per week |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

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| --- | --- | --- | --- |
| **Week 3** | **Cardiovascular exercise** *(walking, bike, swimming)* | **Arm strengthening exercises**  *(bicep curl, upright row, shoulder press, wall push up)* | **Leg strengthening exercises**  *(knee extension, sit-to-stand, calf raise , squat, step up)* |
| **Frequency** | 5-7 days per week | 2-3 days per week | 2-3 days per week |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |
| **Week 4** | **Cardiovascular exercise** *(walking, bike, swimming)* | **Arm strengthening exercises**  *(bicep curl, upright row, shoulder press, wall push up)* | **Leg strengthening exercises**  *(knee extension, sit-to-stand, calf raise , squat, step up)* |
| **Frequency** | 5-7 days per week | 2-3 days per week | 2-3 days per week |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |
| **Week 5** | **Cardiovascular exercise** *(walking, bike, swimming)* | **Arm strengthening exercises**  *(bicep curl, upright row, shoulder press, wall push up)* | **Leg strengthening exercises**  *(knee extension, sit-to-stand, calf raise , squat, step up)* |
| **Frequency** | 5-7 days per week | 2-3 days per week | 2-3 days per week |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

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| --- | --- | --- | --- |
| **Week 6** | **Cardiovascular exercise** *(walking, bike, swimming)* | **Arm strengthening exercises**  *(bicep curl, upright row, shoulder press, wall push up)* | **Leg strengthening exercises**  *(knee extension, sit-to-stand, calf raise , squat, step up)* |
| **Frequency** | 5-7 days per week | 2-3 days per week | 2-3 days per week |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |
| **Week 7** | **Cardiovascular exercise** *(walking, bike, swimming)* | **Arm strengthening exercises**  *(bicep curl, upright row, shoulder press, wall push up)* | **Leg strengthening exercises**  *(knee extension, sit-to-stand, calf raise , squat, step up)* |
| **Frequency** | 5-7 days per week | 2-3 days per week | 2-3 days per week |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |
| **Week 8** | **Cardiovascular exercise** *(walking, bike, swimming)* | **Arm strengthening exercises**  *(bicep curl, upright row, shoulder press, wall push up)* | **Leg strengthening exercises**  *(knee extension, sit-to-stand, calf raise , squat, step up)* |
| **Frequency** | 5-7 days per week | 2-3 days per week | 2-3 days per week |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |