

Keep track of your progress

My Aerobic Exercise Diary

Date:

Week:

Moderate intensity activities – make you feel warm, slightly out of breath, maybe even a little sweaty
 Strong intensity activities – make you feel very warm and sweaty, you would struggle to have a conversation doing that activity

Day	Activity	Time (minutes)	Total Time (minutes)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

My Weekly Total =

Remember your weekly target:

- ❖ 150 minutes of moderate intensity activity per week OR
- ❖ 75 minutes of strong intensity activity per week OR
- ❖ a combination of both (1 minute of strong activity equates to 2 minutes of moderate activity)

My Strength Exercise Diary

NOTE: Record how many repetitions and sets you completed and weight used

Date:

Week:

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Upper body	Bicep curl							
	Lateral arm raise							
	Shoulder press							
	Tricep curl							
	Front arm raise							
Lower body	Chair sit to stand							
	Squat							
	Sideways leg lift							
	Leg extension							
	Heel raises							
	Knee raise							
	Seated Options:							
	Knee extension							
	Knee raise							
	Heel raises							

My Flexibility Exercise Diary

NOTE: Record time (seconds) position held and number of repetitions completed.

Date:

Week:

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Upper body	Neck rotations							
	Upper back stretch							
	Upper body twist							
Lower body	Calf stretch							
	Quad stretch							
	Hamstring stretch							
	Seated: Calf stretch (toe flexing)							

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My Dialysis Exercise Diary

NOTE: Record how many repetitions and sets you completed and weight used

Date:

Week:

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Upper body	Bicep curl							
	Shoulder press							
	Front arm raise							
	Lateral arm raise							
Lower body	Straight leg raise							
	Outer thigh lift							
	Front thigh lift							
	Knee extension							
	Heel raises							

Remember - if you have a fistula don't forget to complete the upper body exercises on your fistula arm at home (once your needling site has stopped bleeding).

Note: if you complete cycling during dialysis also use My Aerobic Exercise Diary to make a record of exercise duration and intensity.

My Goals

Top Tip:

Your Goal needs to be **SMART**

Specific – precisely what are you going to achieve?

Measurable – how will you know if you have achieved it?

Attainable – it must be realistic, within your capabilities

Relevant – it must be related to what you want to achieve overall

Time Bound – put a date in your diary to complete the activity

Overall long-term goal:

I want to achieve _____

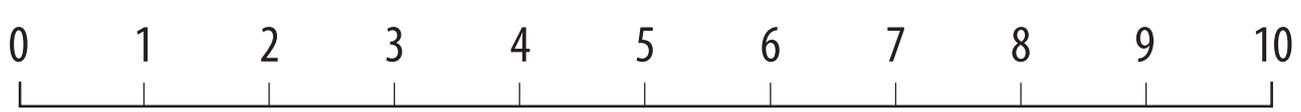
Weekly short-term goal that will help me achieve my overall goal:

What:

When:

Ask yourself:

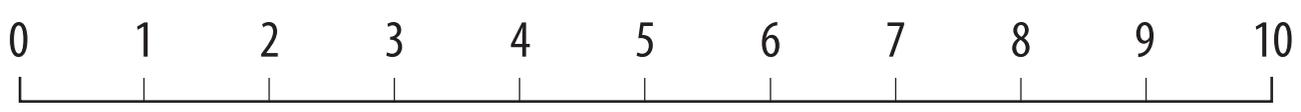
On a scale of 0-10, how important is it for you to achieve your overall goal?



0 = Not important at all

10 = Very important

How confident are you that you will achieve your overall goal?



0 = Not confident at all

10 = Very confident