

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.