**Name Unique ID**

STAMINA Exercise CRF

# Instructor name

# Date from

# Date until

**STAMINA group sessions available**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |

If the patient did not attend an exercise session please record the details on page 13.

|  |
| --- |
| **Max Hr (predicted):** |
| 55% HRmax (Inbar formula): |
| 85% HRmax (Inbar formula): |

|  |
| --- |
| **Co-morbidities and functional limitations** |
|   |
| **Medications** |
|   |
| **Exercises to avoid** |
|   |
| **Details of run-in period (where applicable)** |
| Frequency of sessions:Duration of aerobic: Reps/ sets of resistance:Intensity: |

|  |
| --- |
| **Additional notes** |

|  |  |
| --- | --- |
| **Description of the aerobic exercise**  | **Total duration (minutes) of each exercise** |
| Session number |
| 1 | 2 | 3 | 4 | 5 | 6 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Record the average RPE from the CR-10 scale**  |  |  |  |  |  |  |
| **Record if the session was delivered (a) 1-2-1 or (b) to a group** |  |  |  |  |  |  |
| **Was HR recorded? Y/ N** |  |  |  |  |  |  |
| **Date of session**  |  |  |  |  |  |  |

**Session 1 - 6: Aerobic** (target: 30- 45 minutes at 55-85% HR)

**Session 1 - 6: Resistance** (target: 4 sets & 8-12 reps per exercise)

|  |  |
| --- | --- |
| **Description of the resistance exercise**  | **Total number of reps/ Weight (Kg or bodyweight)**  |
| Session number |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |

**Session 7 - 12: Aerobic** (target: 30- 45 minutes at 55-85% HR)

|  |  |
| --- | --- |
| **Description of the aerobic exercise**  | **Total duration (minutes) of each exercise** |
| Session number |
| 7 | 8 | 9 | 10 | 11 | 12 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Record the average RPE from the CR-10 scale**  |  |  |  |  |  |  |
| **Record if the session was delivered (a) 1-2-1 or (b) to a group** |  |  |  |  |  |  |
| **Was HR recorded? Y/ N** |  |  |  |  |  |  |
| **Date of session**  |  |  |  |  |  |  |

**Session 7 - 12: Resistance** (target: 4 sets & 8-12 reps per exercise)

|  |  |
| --- | --- |
| **Description of the resistance exercise**  | **Total number of reps/ Weight (Kg or bodyweight)**  |
| Session number |
|  | 7 | 8 | 9 | 10 | 11 | 12 |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |

**Session 13 - 18: Aerobic** (target: 30- 45 minutes at 55-85% HR)

|  |  |
| --- | --- |
| **Description of the aerobic exercise**  | **Total duration (minutes) of each exercise** |
| Session number |
| 13 | 14 | 15 | 16 | 17 | 18 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Record the average RPE from the CR-10 scale**  |  |  |  |  |  |  |
| **Record if the session was delivered (a) 1-2-1 or (b) to a group** |  |  |  |  |  |  |
| **Was HR recorded? Y/ N** |  |  |  |  |  |  |
| **Date of session**  |  |  |  |  |  |  |

**Session 13 - 18: Resistance** (target: 4 sets & 8-12 reps per exercise)

|  |  |
| --- | --- |
| **Description of the resistance exercise**  | **Total number of reps/ Weight (Kg or bodyweight)**  |
| Session number |
|  | 13 | 14 | 15 | 16 | 17 | 18 |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |

**Session 19 - 24: Aerobic** (target: 30- 45 minutes at 55-85% HR)

|  |  |
| --- | --- |
| **Description of the aerobic exercise**  | **Total duration (minutes) of each exercise** |
| Session number |
| 19 | 20 | 21 | 22 | 23 | 24 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Record the average RPE from the CR-10 scale**  |  |  |  |  |  |  |
| **Record if the session was delivered (a) 1-2-1 or (b) to a group** |  |  |  |  |  |  |
| **Was HR recorded? Y/ N** |  |  |  |  |  |  |
| **Date of session**  |  |  |  |  |  |  |

**Session 19 - 24: Resistance** (target: 4 sets & 8-12 reps per exercise)

|  |  |
| --- | --- |
| **Description of the resistance exercise**  | **Total number of reps/ Weight (Kg or bodyweight)**  |
| Session number |
|  | 19 | 20 | 21 | 22 | 23 | 24 |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |
|  | reps |  |  |  |  |  |  |
| weight |  |  |  |  |  |  |
| RPE |  |  |  |  |  |  |

**Did not attend**

|  |  |
| --- | --- |
| **Date of none attendance** | **Reason for non-attendance**  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**Exercise prescription alterations**

If the exercise prescription was not delivered in full for any reason other than an allocated ‘run-in’ period. Please document the details below:

|  |  |
| --- | --- |
| **Date of none attendance** | **Reason for non-attendance**  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**How hard should men be working?**

STAMINA participants will never be expected to work at their maximal level (10 on the ruler below). Instead you should encourage the men to work at a moderate intensity. This is between a 3 and a 5 on the scale below. Please ask the men how difficult the exercise feels and record the corresponding number. This scale works slightly different to your typical 1-10 scale, so please be cautious.

RPE - rate of perceived exertion