Guy's and St Thomas' NHS
NHS Foundation Trust

Physiotherapy department

Personal exercise diary

Patient name: _____

Borg Perceived Exertion Scale

Level of exertion	Description
6	No exertion - rest
7	Very, very light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Very, very hard
20	Maximal

The Borg Perceived Exertion Scale gives you an idea of how hard your exercise feels.

If the exercise feels light (less than 12), you should **increase** the pace of your exercise.

If the exercise feels hard (14 or greater), you need to **slow** the pace.

Exercise should feel somewhat hard (12-13).

Reason codes for not completing your exercise programme

Use these numbers to complete the ‘reason’ column on the following pages:

1. I don’t feel well enough to exercise today
2. I don’t want to exercise today
3. The nurses are too busy to get the equipment
4. The equipment I need isn’t available
5. My blood pressure is too high or too low
6. My dialysis machine keeps alarming
7. Other reason

Month:

Date	Exercise completed?	If not, reason	Signed
e.g. 2/5/13	No	1	

Month:

Date	Exercise completed?	If not, reason	Signed

Month:

Date	Exercise completed?	If not, reason	Signed

Month:

Date	Exercise completed?	If not, reason	Signed

Month:

Date	Exercise completed?	If not, reason	Signed

Month:

Date	Exercise completed?	If not, reason	Signed

Month:

Date	Exercise completed?	If not, reason	Signed

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Month:

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Month:

Date	Exercise completed?	If not, reason	Signed

Month:

Date	Exercise completed?	If not, reason	Signed

Month:

Date	Exercise completed?	If not, reason	Signed

Contact us

If you need any advice or explanation about any of the information in this leaflet please contact a member of the renal physiotherapy team:

020 7188 3026 and ask for **bleep 2092** (between 9.30am and 4pm, Monday to Friday).

Alternatively, please call **020 7188 5110** and leave a message.

Patient Advice and Liaison Service (PALS)
To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:
t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC)
For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.
t: 020 7188 3416

Language support services
If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.
t: 020 7188 8815 **fax:** 020 7188 5953

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