

Walking Log

Week of: _____

	Rescue Inhaler?	Oxygen l/m	O2 sat. %	O2 sat. %	rests	Total time	Thoughts...
example	√	3l/m	95%	93%	2	25	short of breath mid -way but slowed down and used PLB
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Sunday							
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Exercise plan this week:

What days? _____ What time?

Where?

With who?

How many minutes?

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Back up plan?
