Walking Log

Week of: _____

	Rescue Inhaler?	Oxygen 1/m	O2 sat. %	O2 sat. %	Rests	Total time	Thoughts…
example	✓	3 l/m	95%	93%	2	25	short of breath mid -way but slowed down and used PLB
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Exercise plan this week:

What days? _____ What time? _____

Where? _____

With who? _____

How many times? _____

Back up plan? _____