breast cancer fitness

My activity diary: week ___

Aim to build towards 150 minutes of moderate activity a week (you can talk but not sing), plus strength exercises on 2 days. Any amount is better than none. Rate effort and energy from 0 (none) to 10 (maximum).

Day	Walking or other activity (minutes)	Strength exercises (which, and sets)	Arm and shoulder exercises	Effort 0 to 10	Energy 0 to 10	Notes: how I felt, symptoms
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Weekly total (minutes): _____ Strength days: ___ Next week I'll try: _____

STOP AND CONTACT YOUR TEAM IF YOU HAVE

Chest pain, a racing or irregular heartbeat, severe breathlessness, dizziness, new or worse swelling in your arm, hand or chest, new bone pain, or a high temperature during chemotherapy.

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