Ohio State University Medical Center
Pulmonary Rehabilitation Center
Home Exercise Log

Date	Type	Setting	Time	Distance	Rating of Dyspnea	PE	Oxygen Flow Rate	Comments

Key	
1	Block = 1/8 Mile
2	Blocks = ¼ Mile
4	Blocks = ½ Mile
8	Blocks = 1 Mile

Rating of Dyspnea	
0	No shortness of breath
0.5	Slight shortness of breath
1	
2	Mild shortness of breath
3	Moderate shortness of breath
4	
5	Strong or hard breathing
6	
7	Severe shortness of breath
8	
9	
10	Shortness of breath so severe you need to stop and rest

Perceived Exertion (PE)	
0	No effort
0.5	Noticeable effort
1	Light effort
2	
3	Moderate effort
4	
5	Strong effort
6	
7	Very strong effort
8	
9	Very, very strong effort
10	Maximum effort

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