

Cardiac Rehab Care Chart

Name: _____ Week: _____

Goal: _____

Medication	Dose (mg)	How Much	How Often	Medication	Dose (mg)	How Much	How Often

	Monday	Tuesday	Wednesday	Thursday	Friday
Resting Heart Rate (count for 15sec x by 4)					
Resting Blood Pressure					
Exercise Heart Rate at Maximum Exertion					
Servings of Fruits and Vegetables					
Sodium Intake (mg)					
Exercise Activity					
Rate of Perceived Exertion while Exercising (scale of 6-20; 6-light, 20-maximum capability)					
Emotional Well-Being (how you feel)					

Blood Pressure Guidelines

Normal: 120/80

Prehypertension: 120/80-139/89

Hypertension: 140/90 and up

Cholesterol Guidelines

Total Cholesterol: _____

Best: 100mg/dL and lower

Borderline: 200-239mg/dL

High: 240mg/dL and up

LDL Cholesterol: _____

Best: 100mg/dL and lower

Borderline: 100-129mg/dL

High: 130mg/dL and up

HDL Cholesterol: _____

Best: 60mg/dL and up

Borderline: 40-59mg/dL

High: 40mg/dL and lower

Triglycerides: _____

Best: 150mg/dL and lower

Borderline: 150-199mg/dL

High: 200mg/dL and up

Sodium Guidelines

Adults age <50: 2300mg or less

Adults age >50, African

American, and those with high

blood pressure: 1500mg or less