

<i>My Exercise Plan</i>	Cardio: Time (00:00-00:00) i.e. 5:30-6 a.m.	Cardio: Activity (i.e. walking, jogging, treadmill, elliptical)	Heart Rate	Lifting: Time (00:00-00:00) i.e. 6-6:30 a.m.	Lifting: Activity (free weights, circuit, home/gym etc.)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Requirements: Lifting - 5 Days per week – Inclusive of total body Cardio – 6 Days per week: 30 – 45 minutes per day at Goal Heart Rate (138-164)

You must complete this for one week prior to your consult with Dr. Ellner and bring with you to your appointment. You will also need to update this for your post-op monthly follow-ups.

Patient Signature: _____ Date: _____