



# CANCERFIT EXERCISE LOG

## *Your Guide to Safe and Effective Exercise During Cancer Treatment*

### **Welcome to Your Exercise Journey**

This log is designed to help you safely build and maintain physical activity during your cancer treatment. Research shows that regular exercise can help reduce treatment side effects, improve energy levels, and enhance quality of life.

**Remember:** Some exercise is better than none, and every bit of movement helps!



# Before You Begin

## Safety First

- Get clearance from your oncology team before starting.
- Listen to your body – it's okay to modify or skip days.
- Stay hydrated before, during, and after exercise.
- Avoid exercise if you have fever, infection, or severe fatigue.
- Stop if you experience dizziness, chest pain, or shortness of breath.

## When to Avoid or Modify Exercise

**Low blood counts:** Check with your team. Light walking may be okay.

**Severe fatigue:** Rest or do very gentle stretching only.

**Nausea/vomiting:** Wait until symptoms improve.

**Pain:** Modify intensity or try different activities.

**Post-surgery:** Follow your surgeon's specific guidelines.

# Understanding Exercise Intensity

## The Talk Test (Easiest Method!)

**Light Intensity:** Can sing while exercising

**Moderate Intensity:** Can talk but not sing (TARGET ZONE)

**High Intensity:** Difficult to talk (AVOID during treatment)

## Rate of Perceived Exertion (RPE) Scale

Rate how hard you're working on a scale of 0-10:

Rating	How It Feels	When to Use
0-1	No effort (sitting)	Rest days
2-3	Light effort (gentle walk)	Recovery days, severe fatigue
4-6	Moderate effort (can talk)	MOST WORKOUT DAYS
7-8	Hard effort (limited talking)	Occasional "good day" only
9-10	Maximum effort	AVOID during treatment



## Your Exercise Goals

### Recommended Weekly Targets (Build Gradually!)

**Aerobic Activity:** 75-150 minutes per week of moderate intensity

Example: 15-30 minutes, 5 days

**Strength Training:** 2-3 days per week (all major muscle groups)

Example: 8-12 repetitions, 1-2 sets

**Flexibility/Stretching:** Daily or after each workout

### Starting Point (Week 1-2)

If you're new to exercise or very fatigued:

- Start with just 5-10 minutes of gentle walking
- Do simple stretches for 5 minutes
- Gradually add 2-5 minutes each week as tolerated

## Activity Guide

### Aerobic Activities (Choose What You Enjoy!)

- Walking (outdoors or indoors)
- Stationary cycling
- Swimming or water aerobics
- Dancing
- Elliptical machine
- Gardening or yard work

### Strength Activities

- Bodyweight exercises (squats, wall push-ups, sit-to-stands)
- Resistance bands
- Light dumbbells (1-5 lbs to start)
- Household items (water bottles, soup cans)

### Balance & Flexibility

- Gentle yoga or tai chi
- Stretching routine
- Standing on one foot (hold counter for safety)
- Heel-to-toe walking



## WEEKLY EXERCISE LOG

Week of: \_\_\_\_\_

Day/Date	Activity Type	Duration	RPE (0-10)	How I Felt
Monday ____/____	Aerobic: _____ Strength: _____ Flex: _____	_____ min _____ min _____ min	Before: _____ During: _____ After: _____	
Tuesday ____/____	Aerobic: _____ Strength: _____ Flex: _____	_____ min _____ min _____ min	Before: _____ During: _____ After: _____	
Wednesday ____/____	Aerobic: _____ Strength: _____ Flex: _____	_____ min _____ min _____ min	Before: _____ During: _____ After: _____	
Thursday ____/____	Aerobic: _____ Strength: _____ Flex: _____	_____ min _____ min _____ min	Before: _____ During: _____ After: _____	
Friday ____/____	Aerobic: _____ Strength: _____ Flex: _____	_____ min _____ min _____ min	Before: _____ During: _____ After: _____	
Saturday ____/____	Aerobic: _____ Strength: _____ Flex: _____	_____ min _____ min _____ min	Before: _____ During: _____ After: _____	
Sunday ____/____	Aerobic: _____ Strength: _____ Flex: _____	_____ min _____ min _____ min	Before: _____ During: _____ After: _____	

### Weekly Totals:

Total Aerobic Minutes: \_\_\_\_\_

Total Strength Sessions: \_\_\_\_\_

Days Active: \_\_\_\_\_



## Weekly Reflection

### This Week's Wins (Celebrate All Progress!)

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### Challenges I Faced

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### Energy Level This Week:

- Low
- Moderate
- Good
- Great

### Treatment this Week:

- Chemotherapy
- Radiation
- Surgery
- None
- Other: \_\_\_\_\_

### Side Effects that Affected Exercise:

- Fatigue
- Nausea
- Pain
- Neuropathy
- Other: \_\_\_\_\_



## When to Progress (Increase Intensity)

### Ready to Challenge Yourself More If:

- >You can complete your routine at RPE 4-5 consistently
- You feel good during and after exercise (minimal fatigue increase)
- You've maintained current level for 1-2 weeks successfully
- Your energy levels are stable or improving
- Your medical team approves

### How to Progress Safely (Choose ONE at a time):

- Add 5 minutes to your session length
- Add 1 more day per week
- Increase resistance slightly (1-2 lbs or one band level)
- Increase speed slightly during aerobic activity
- Add 1-2 more repetitions to strength exercises

**IMPORTANT:** Progress slowly. Your body is working hard to heal!

## When to Pull Back

### Decrease Intensity or Take Extra Rest If:

- Exercise RPE feels consistently 7+ when trying for 4-6
- You feel more tired the next day (not just during exercise)
- You experienced increased pain, dizziness, or nausea
- Your blood counts drop (check with team)
- You're scheduled for intensive treatment
- You're not recovering between sessions

**This is not failure – this is listening to your body!**

## Quick Reference: Sample Workout

### Gentle Day Workout (RPE 2-4)

Use on low-energy or recovery days

- 10 min: Slow walk (indoor or outdoor)
- 5 min: Gentle stretching (arms, legs, back)
- 5 min: Deep breathing exercises



## Moderate Day Workout (RPE 4-6)

Use on typical days

- ↳ 5 min: Warm-up walk
- ↳ 15-20 min: Moderate-paced walk or cycling
- ↳ 10 min: Strength exercises
- ↳ 5 min: Stretching and cool-down

## Good Day Energy Workout (RPE 5-6)

Use on days you feel strong

- ↳ 5 min: Warm-up walk
- ↳ 25-30 min: Moderate-paced walk, bike, or swim
- ↳ 15 min: Strength training (all major muscles)
- ↳ 5 min: Balance exercises
- ↳ 5-10 min: Stretching

## Simple Strength Exercises

Do 8-12 repetitions of each exercise. Rest 30-60 seconds between exercises.

### Lower Body

- ↳ **Sit-to-Stand:** Rise from chair without using hands
- ↳ **Wall Squats:** Back against wall, slide down slightly
- ↳ **Heel Raises:** Rise up on toes, hold on counter for balance
- ↳ **Marching in Place:** Lift knees alternately

### Upper Body

- ↳ **Wall Push-Ups:** Push against wall at arm's length
- ↳ **Arm Raises:** Lift light weights or water bottles forward and to sides
- ↳ **Bicep Curls:** Bend elbows, lifting light weights
- ↳ **Seated Rows:** Pull resistance band or weights toward body

### Core

- ↳ **Seated Knee Lifts:** Lift one knee at a time while seated
- ↳ **Standing Side Bends:** Gently lean side to side
- ↳ **Pelvic Tilts:** Lying down, gently tilt pelvis up and down



## Stretching Guide

Hold each stretch for 15-30 seconds

**Neck:** Gently tilt toward each shoulder

**Shoulders:** Pull one arm across chest, then other

**Arms:** Extend arm overhead, gently pull elbow

**Chest:** Clasp hands behind back, gently lift

**Back:** Seated twist, turn gently to each side

**Legs:** Seated hamstring stretch, calf stretch against wall

**Hips:** Lying on back, pull knee to chest

**Never bounce or force a stretch – gentle tension only!**



## MONTHLY PROGRESS TRACKER

Month: \_\_\_\_\_

Week	Total Active Days	Total Minutes	Average RPE	Energy Level	Progress Notes
1				Low Mod Good	
2				Low Mod Good	
3				Low Mod Good	
4				Low Mod Good	

### This Month I:

- Increased duration
- Increased days per week
- Increased intensity
- Tried new activity: \_\_\_\_\_
- Felt stronger
- Had more energy
- Slept better
- Other improvements: \_\_\_\_\_



## Motivation & Tips

### Benefits You May Notice

- ↳ Reduced fatigue (seems backwards, but it works!)
- ↳ Better sleep quality
- ↳ Improved mood and reduced anxiety
- ↳ Maintained muscle strength
- ↳ Reduced treatment side effects
- ↳ Faster recovery
- ↳ Greater sense of control

### Staying Consistent

- ↳ **Pick the same time each day** - makes it routine
- ↳ **Lay out exercise clothes the night before**
- ↳ **Start small** - 5 minutes counts!
- ↳ **Find an exercise buddy** (even virtual)
- ↳ **Track your progress** - seeing improvement motivates
- ↳ **Be flexible** - some movement is always better than none
- ↳ **Celebrate every session** - you're doing something amazing!

### On Difficult Days

Remember: You don't have to earn rest. If today is a rest day, that's okay. Tomorrow is a new opportunity. Your body is fighting hard - be kind to yourself.

## Questions for Your Healthcare Team

Before your next appointment, consider asking:

- ↳ Are there any exercises I should avoid?
- ↳ What intensity is safe for me right now?
- ↳ How should I modify exercise around treatment days?
- ↳ What symptoms should make me stop exercising?
- ↳ Can I attend supervised exercise oncology programs?
- ↳ When should I check in about my exercise routine?



# Emergency Contacts

Oncology Team: \_\_\_\_\_

Phone \_\_\_\_\_

Exercise Oncology Instructor: \_\_\_\_\_

Phone \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone \_\_\_\_\_

## Additional Resources

-  American College of Sports Medicine (ACSM) Exercise Oncology Guidelines
-  Your local hospital's cancer support serves
-  Certified Exercise Oncology Instructors

## Notes & Reflection

Use this space for additional thoughts, questions, or observations





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Where Evidence Meets Action in Cancer Care

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