

## ADL/Exercise rehab diary

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**Date:**

**Goals today:**

- 1.
- 2.
- 3.

**How I feel when I wake up (breathlessness/BORG score):**

Day	Activity/Exercise	BORG
Wake-up		
Breakfast		
Mid-Morning		
Lunch		
Midday		
Dinner		
Evening		

**How I feel in the evening? (breathlessness/BORG score):**

**Could I have done more/less?**

**What am I going to do tomorrow?**