

<p><u>Date</u></p>	<p><u>How are you feeling today?</u> Well Unwell</p> <p><u>If unwell what is wrong:</u> Breathless Fatigued Chest pain Nausea Other (please specify)</p>	<p><u>How have you been feeling since your last class?</u> Well Unwell</p> <p>If unwell what was wrong? Breathless Fatigued Chest pain Nausea Other (please specify)</p>	<p><u>Have you completed any physical activity since your last class?</u> Yes No</p> <p>If yes, what physical activity did you do?</p>	<p><u>Before class</u> Blood pressure</p> <p>Heart Rate</p> <p><u>After Class</u> Blood pressure</p> <p>Heart Rate</p>
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<u>Date</u>	<u>Exercise 1</u>	<u>Exercise 2</u>	<u>Exercise 3</u>	<u>Exercise 4</u>
	Machine Time Parameters (speed, incline, level) O2 Sats RPD	Machine Time Parameters (speed, incline, level) O2 Sats RPD	Machine Time Parameters (speed, incline, level) O2 Sats RPD	Machine Time Parameters (speed, incline, level) O2 Sats RPD
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RPD = Rate of perceived dyspnoea