

TRAINING LOG
WITH PAIN SCALE:
4 Week Recording Book



Name: _____

Date Issued: _____

Program Coordinator: _____

Table of Contents

Goal Setting	3
FITT Formula	4
Warm-up Tips	5
Resistance Training Tips	5
Stretching Tips	5
Cool-Down Tips	6
General Adaptation Tips	6
Points to Remember	7
Nutritional Tips	8
Canada's Food Guide	8
Rate of Perceived Exertion	9
Pain Scale	10
Helpful Terms	11
4 Week Log	
Week One	12
Week Two	16
Week Three	20
Week Four	24

GOAL SETTING

- When choosing goals make sure they are SMART;

Specific

Measurable

Attainable

Realistic

Timely

- Plan for both short and long term goals.
- Re-evaluate your goals every six weeks.

My specific goals are:

FITT FORMULA

The FITT formula outlines each area of fitness that is important in developing new skills. This needs to be considered when planning any type of physical activity or exercise program. FITT means:

Frequency – How often are you active?

Intensity – How hard is your activity?

Time – How long are you active?

Type – What type of activity?

	Aerobic	Flexibility	Muscular Endurance	Muscular Strength
F Frequency	Daily	Daily	Daily Living	Daily Living
I Intensity	<ul style="list-style-type: none"> ▪ Light to moderate ▪ <60% of age-predicted max HR 	<ul style="list-style-type: none"> ▪ Light Stretching 	<ul style="list-style-type: none"> ▪ Light to moderate ▪ Body Weight 	<ul style="list-style-type: none"> ▪ Moderate
T Time	<ul style="list-style-type: none"> ▪ 30 minutes ▪ Progressive 	<ul style="list-style-type: none"> ▪ Reaching ▪ Lifting 	<ul style="list-style-type: none"> ▪ Daily Activity ▪ Lifting ▪ Light Weights 	<ul style="list-style-type: none"> ▪ Daily Activity ▪ Lifting
T Type	<ul style="list-style-type: none"> ▪ Walking, dance ▪ Daily Chores ▪ Games 	<ul style="list-style-type: none"> ▪ Normal active body movement 	<ul style="list-style-type: none"> ▪ Gardening ▪ Daily Activity ▪ Rubber Tubing 	<ul style="list-style-type: none"> ▪ Walking

WARM UP TIPS

- Start with a 5-10 minute warm up before beginning any resistance training.
- A warm up can be completed on a bike, treadmill, arm ergometer, or any other cardio equipment.
- Utilizing a warm up will help prepare your muscles, nervous system, tendons, ligaments and heart for exercise by increasing blood, oxygen supply and prevents injury.

RESISTANCE TRAINING TIPS

- Complete every exercise through full range of motion at a consistent pace (i.e. 3 seconds up, 3 seconds down).
- Begin your workout with larger muscles before continuing with smaller muscles.
- Remember to exhale on the hard and inhale on the easy.
- Start with 2 sets of 10 repetitions (reps), when this becomes easy increase your reps to 15. After your body is accustomed to this, increase your sets to 3. Once you can easily complete this start over again increasing the amount of weight.

Example: 2 sets of 10 reps → 2 sets of 15 reps → 3 sets of 15 reps → 2 sets of 10 reps + increased weight

STRETCHING TIPS

- Should be completed a minimum of 3 times per week; optimally every day.
- Stretch slowly without bouncing or jerking movements.
- Hold each stretch for 15-60 seconds for a max of 2 reps.
- Change the stretches every few months to allow continual adaptations.
- It is better to stretch more frequently for shorter periods.

COOL DOWN TIPS

- A cool down is a safe and effective method to slowly bring your heart rate and blood pressure down without a sudden drop.
- It also decreases your muscle soreness.
- It helps to dispense heat into the air for a decrease in body temperature.
- Light cardio and stretching are good for cooling down.
- Remember to drink fluids to keep you hydrated.

GENERAL ADAPTATIONS TIPS

Use an assistant

- A person can assist you with getting into stretch positions. In a passive stretch, an assistant can help stretch muscles. Be sure to talk to the person about how the stretch feels.

Use a strap

- Using a strap can help with stretching and resistance or cardio exercises. A towel or thera-band works great (Avoid plastic or rubber, which could affect circulation). A strap can be used to hold or stabilize body parts in a certain position.

Use a wall

- A wall can be used to support the back or just something to hold on to. It can be used to hold stretches. Doorways and exercise machines also work.

Use a pillow/cushion

- If feeling unstable while doing stretches, prop pillows on either side. They provide stability and cushioning should you lose balance.

POINTS TO REMEMBER WHEN EXERCISING

'It's okay to stop and start'

Know your own limits. It is okay to rest, it is okay to take a day off; it is okay to do only 15 minutes instead of 30 minutes. Do not begin an exercise program if you have experienced a change of health or are experiencing an MS attack. Also, after an attack or a change in health, re-evaluate your exercise routine.

'Feeling hot'

Getting hot while exercising can temporarily increase symptoms. It is better to pace and aim for slow, steady gains.

'Keeping the ball rolling'

Exercise logs are important to success. If a setback occurs, it can be used to track improvements, fatigue, and relapses. Exercise should occur during specific times of the day (when the day is at its coolest and when you typically have your highest energy level of the day).

'Pain is not gain'

Exercise should proceed slowly. If feeling any pain or discomfort during any exercise, it needs to be stopped immediately.

'Ask for help'

If you don't remember what an exercise is and how to do it then ask an instructor for assistance.

NUTRITIONAL TIPS

- Eating 3-5 meals and snacks per day is a healthy amount.
- The further away a food is from its natural state the less nutritious it will be.
- Fat is an essential part of our diet that should never be eliminated.
- Carbohydrates provide energy for the brain and muscles. 1 pound of fat is equal to 3500 calories.
- Protein is a critical building block.
- If your goal is weight loss then your energy balance should be negative:

$$\text{Energy In (food)} < \text{Energy Out (exercise)} = \text{Weight Loss}$$

CANADA'S FOOD GUIDE TO HEALTHY EATING

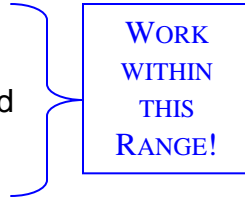
Recommended Number of Food Guide Servings per Day

	Teens		Adults			
	14-18 years		19-50 years		51+ years	
	Female	Male	Female	Male	Female	Male
Vegetables & Fruits	7	8	7-8	8-10	7	7
Grain Products	6	7	6-7	8	6	7
Milk & Alternatives	3-4	3-4	2	2	3	3
Meat & Alternatives	2	3	2	3	2	3

www.hc-sc.gc.ca

RATE OF PERCEIVED EXERTION (RPE)

- 6 – No Exertion at All
- 7 – Extremely Light
- 8
- 9 – Very Light
- 10
- 11- Light
- 12
- 13 – Somewhat Hard
- 14
- 15 - Hard
- 16
- 17 – Very Hard
- 18
- 19 – Extremely Hard
- 20 – Maximal Exertion



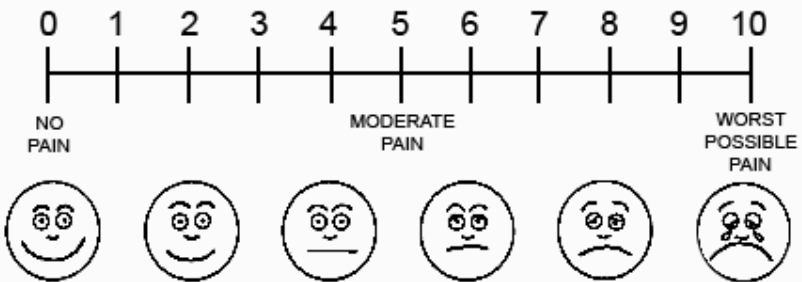
While doing physical activity or exercise, you should rate your perception of exertion. This feeling should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue.

Choose a number that best describes your level of exertion. This will give you a good idea of the intensity level of your activity. You can use this information to speed up or slow down movements to reach your desired range. Try to appraise your feeling of exertion as honestly as possible.

PAIN SCALE

It is essential for your well-being that you understand and address concerns in relation to pain. Pain is a very subjective experience for which there are no objective markers. Self-reporting is considered the most accurate and appropriate pain assessment method. All persons may and can experience pain from exercise or in relation to their disability, only you know how much pain you have or experience. Thus, you need to be able to communicate your pain to your fitness and health care professionals.

The faces pain scale (FPS) shown consists of a numbered line scale (0 = no pain, 5 = moderate pain, 10 = worst pain possible) and a corresponding picture scale.



You can use either use the number scale, pictures or both to describe your level of pain experience. You may even want to describe your pain in terms such as dull, sharp, stabbing, etc. Tell your fitness professional where the pain is, exactly how it feels, what makes it better or worse, and what you are using to treat your pain. This way you can get the most out of your workout without experiencing increased or unnecessary pain.

HELPFUL TERMS

Heart Rate (HR):

- To make sure you are exercising within your THR zone, you'll need to calculate your HR during or immediately after working out.
 1. Press lightly with your index finger on the carotid or radial artery. Carotid artery is located under the jaw bone and beside the Adam's apple. Radial artery is located on the outside of the wrist on the thumb side.
 2. Once you find your pulse, count your heart beat for 10 seconds.
 3. Then multiply the number of heart beats by 6. This will give you the number of heart beats for 1 minute.

Range of Motion (ROM):

- ROM is the normal range of movement for a joint, therefore how far it can be bent (flexion) and how far it can be stretched out (extension). Joints are where bones come together. Joints hold the bones together and allow for movement.

Repetition (rep):

- Rep or repetition is a single complete performance of a movement, normally including both the concentric (working against resistance) and eccentric (allowing the weight to move in the direction it would if you let go) phases, so that at the end of 1 rep, the weight and lifter are back in the position they were in prior to the rep.

Rate of Perceived Exertion (RPE):

- Rate of Perceived Exertion is used to gauge your intensity in cardio workouts. You can gauge your RPE by using the table on page 11.

Target Heart Rate (THR):

- It is your optimum heart rate at which you should train in order to get an effective workout. To calculate your target heart rate, you will first need to know your maximum heart rate (MHR), which is calculated by subtracting your age from 220. Then multiply your MHR by 0.6 to get your lower exercise range and by 0.8 to get your higher exercise range. Knowing this range will allow you to monitor your heart rate to ensure it stays within the low and high values.

WEEK ONE

RESISTANCE TRAINING

Date:							
<u>Exercises</u>		Sets	Reps	Wght	Sets	Reps	Wght
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						



L = left side; B =Both sides; R = right side

									Notes
Sets	Reps	Wght	Sets	Reps	Wght	Sets	Reps	Wght	

AEROBIC TRAINING

<u>Type</u>	Date	Time (min)	Speed	Resistance	Distance	Calorie Total	RPE	HR

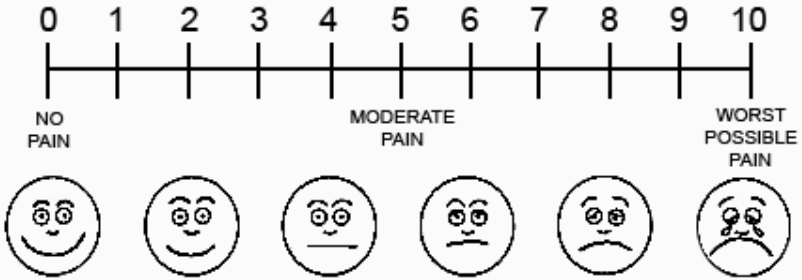
GENERAL TRAINING COMMENTS

Use the following space to comment on anything you noticed or felt during the week that is important to remember and consider for future exercise sessions (i.e., energy levels, sickness, pain, fatigue, etc).

--

PAIN SCALE LOG

Indicate using the following scale your level of pain before, during and after exercise, as well as on days when not exercising.



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Before							
During							
After							
Off Day							

Comments on Pain:

Use section to comment on specific issues with pain to further explain your rating if needed (i.e., what may have caused excess or extreme pain).

FUN FITNESS FACT: The greater your strength the better your motor skills will be.

WEEK TWO

RESISTANCE TRAINING

Date:							
<u>Exercises</u>		Sets	Reps	Wght	Sets	Reps	Wght
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						



L = left side; B =Both sides; R = right side

									Notes
Sets	Reps	Wght	Sets	Reps	Wght	Sets	Reps	Wght	

AEROBIC TRAINING

<u>Type</u>	Date	Time (min)	Speed	Resistance	Distance	Calorie Total	RPE	HR

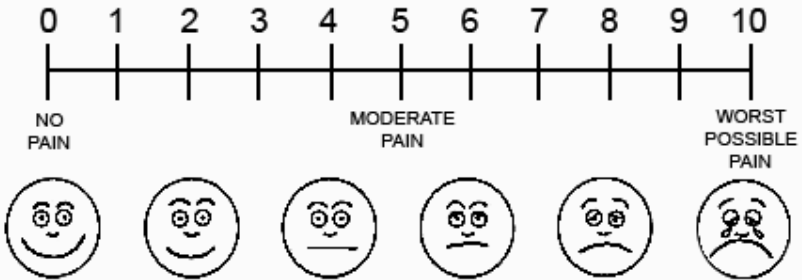
GENERAL TRAINING COMMENTS

Use the following space to comment on anything you noticed or felt during the week that is important to remember and consider for future exercise sessions (i.e., energy levels, sickness, pain, fatigue, etc).

--

PAIN SCALE LOG

Indicate using the following scale your level of pain before, during and after exercise, as well as on days when not exercising.



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Before							
During							
After							
Off Day							

Comments on Pain:

Use section to comment on specific issues with pain to further explain your rating if needed (i.e., what may have caused excess or extreme pain).

FUN FITNESS FACT: Moderate physical activity can reduce the risk of stroke by 56%.

WEEK THREE

RESISTANCE TRAINING

Date:							
<u>Exercises</u>		Sets	Reps	Wght	Sets	Reps	Wght
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						



L = left side; B =Both sides; R = right side

									Notes
Sets	Reps	Wght	Sets	Reps	Wght	Sets	Reps	Wght	

AEROBIC TRAINING

<u>Type</u>	Date	Time (min)	Speed	Resistance	Distance	Calorie Total	RPE	HR

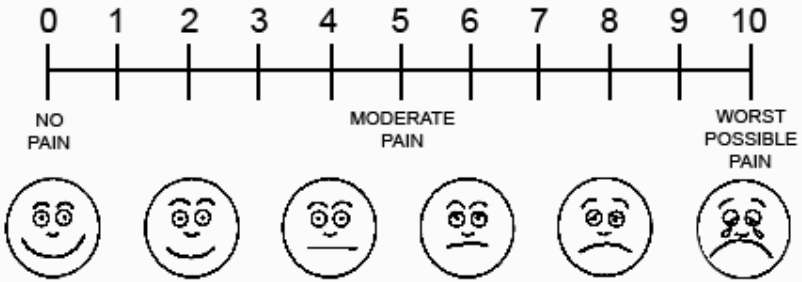
GENERAL TRAINING COMMENTS

Use the following space to comment on anything you noticed or felt during the week that is important to remember and consider for future exercise sessions (i.e., energy levels, sickness, pain, fatigue, etc).

--

PAIN SCALE LOG

Indicate using the following scale your level of pain before, during and after exercise, as well as on days when not exercising.



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Before							
During							
After							
Off Day							

Comments on Pain:

Use section to comment on specific issues with pain to further explain your rating if needed (i.e., what may have caused excess or extreme pain).

FUN FITNESS FACT: Physical activity reduces risk of developing type 2 diabetes by as much as 50%.

WEEK FOUR

RESISTANCE TRAINING

Date:							
<u>Exercises</u>		Sets	Reps	Wght	Sets	Reps	Wght
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						
	L						
	B						
	R						



L = left side; B =Both sides; R = right side

									Notes
Sets	Reps	Wght	Sets	Reps	Wght	Sets	Reps	Wght	

AEROBIC TRAINING

<u>Type</u>	Date	Time (min)	Speed	Resistance	Distance	Calorie Total	RPE	HR

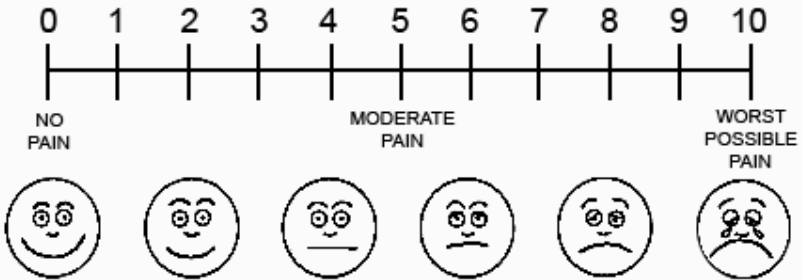
GENERAL TRAINING COMMENTS

Use the following space to comment on anything you noticed or felt during the week that is important to remember and consider for future exercise sessions (i.e., energy levels, sickness, pain, fatigue, etc).

--

PAIN SCALE LOG

Indicate using the following scale your level of pain before, during and after exercise, as well as on days when not exercising.



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Before							
During							
After							
Off Day							

Comments on Pain:

Use section to comment on specific issues with pain to further explain your rating if needed (i.e., what may have caused excess or extreme pain).

FUN FITNESS FACT: Physical activity increases mobility and circulation, improves posture and decreases aches and pains.

Need More Information

For more information on exercise and MS, contact your local chapter or division of the MS Society of Canada. This can be done by calling your local chapter or division (1-800-268-7582) or by accessing the MS ActiveNOW website <http://www.mssociety.ca/alberta/active.htm>.

Written by:
Keith Johnston & Chris Ha

Produced by:
MS Society of Canada, Alberta Division

Developed for use by:



**Contact the
MS Society of Canada, Alberta Division**

Phone: 1-800-268-7582

Email: active@mssociety.ca

Website: www.mssociety.ca/alberta

**Address: #150, 9405 – 50th Street
Edmonton, AB T6B 2T4**