

Activity Log: Before Your Operation

Day	Exercise Goal: 30 minutes or more each day		Incentive Spirometer Goal: 6 or more times each day	
	Exercise (Longest interval)	Exercise Total Minutes	Deep Breathing (Number of breaths/How often)	Incentive Spirometer (Number of breaths/How often)
Example	7 minutes	30 minutes	6 breaths/6 times per day	5 breaths/6 times per day
PREOP WEEK 1				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
PREOP WEEK 2				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
PREOP WEEK 3				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				