Exercise Journal

Start

Time

9:00 am

9:10 am

9:12 am

Date

(d/m)

10/4

Name:

Exercise (include info like resistance level,

¼ turns (left and rightwards)

head turns/min, etc.)

MSQ habituation training

- ½ turns (" " ")

X1 exercises at 80 bpm (beats per

and focusing on a pen in my

outstretched hand.

Manhattan

minute while standing on a pillow

YouTube action video: Driving in

Sets or

Durat-

ion

1

1

1

3

Reps or

Heart

rate

5

5

60 sec

30 sec

Page: Symptoms (Yes or No)? If Yes: **Symptom intensity** 1. List your symptoms; AND 2. Write down when 1 = low intensity symptoms resolve after having stopped exercise. 10 = max intensity Nausea $(4 \rightarrow 3)$; Nausea; dizziness. Resolved 10 seconds $\mathcal{H}eadache (3 \rightarrow 2)$ after finishing each reps and then I did next rep. Symptoms resolved 30 seconds after having completed all 5 reps of ea. set. Lightheaded. Resolved 1 minute after 3 stopping the exercise. Nausea. Resolved after 30 seconds and

3

Finished morning workout. I felt a bit of nausea for 10 minutes after the workout. I just sat down and practiced some 9: 16 am Diaphragmatic breathing, visualization- and muscle tension awareness exercises that the I was given.

then I did another set.

10/4	1: 23 pm	Stationary bicycle	20 min	100-120	брт	

Exercise Journal Name: Page: Symptom intensity Sets or Reps or Exercise (include info like resistance level, # Symptoms (Yes or No)? If Yes, 1. List your Date Start Durat-Heart 1 = low intensity head turns/min, etc.) symptoms; 2. Write down when they resolved. (d/m) Time ion 6 = max intensity rate

Notes: