

# ClarityDTX | Pulmonary Rehab Log

Print this page. Fill in one row per day (or per event). Bring to your next appointment.

| Date | Exercise Type | Duration | SpO2 Pre | SpO2 Post | Borg Score | Notes |
|------|---------------|----------|----------|-----------|------------|-------|
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Quick Reference: Borg CR10 scale: 0=nothing, 10=maximal. Aim for 3-5 during exercise. Stop if SpO2 drops below 88%.

Free mobile app: [claritydtx.com/copd/](http://claritydtx.com/copd/) | Free Notion template: [clarityapps.notion.site](http://clarityapps.notion.site)