

My Activity Tracker

The home exercise program, walking program, and other activities should be spread throughout the day and separated by periods of rest.

Use the table below to track your progress. Remember to listen to your body and know when it needs rest. Even as your strength and activity progresses, **do not** lift items greater than 2.3 kilograms (5 pounds) and avoid pushing or pulling objects (doors, furniture, appliances) for 6 weeks after surgery.

Week 1

Activity Guidelines: Your level of activity should be similar to the hospital activity routine that you reached before you were discharged. Manage your fatigue by taking rests as needed. Complete your exercises indoors.

Day 1

Deep breathing and coughing

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Walk for **5 minutes**

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Exercise program

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Day 2

Deep breathing and coughing

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Walk for **6 minutes**

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Exercise program

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Day 3

Deep breathing and coughing

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Walk for **7 minutes**

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Exercise program

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Day 4

Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for 8 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>

Day 5

Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for 9 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>

Day 6

Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for 10 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>

Day 7

Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for 11 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>

Week 2

Activity Guidelines: You may take on more normal levels of activity such as light housework, playing cards, crafts, preparing simple meals, sexual activity. If you can walk comfortably for 10 minutes, you may walk outdoors if the weather is not too hot or too cold.

Day 8

Deep breathing and coughing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk for 12 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise program	<input type="checkbox"/>

Day 9

Deep breathing and coughing

☐ ☐ ☐ ☐Walk for **13 minutes**☐ ☐

Exercise program

☐**Day 10**

Deep breathing and coughing

☐ ☐ ☐ ☐Walk for **14 minutes**☐ ☐

Exercise program

☐**Day 11**

Deep breathing and coughing

☐ ☐ ☐ ☐Walk for **15 minutes**☐ ☐

Exercise program

☐**Day 12**

Deep breathing and coughing

☐ ☐ ☐ ☐Walk for **16 minutes**☐ ☐

Exercise program

☐**Day 13**

Deep breathing and coughing

☐ ☐ ☐ ☐Walk for **17 minutes**☐ ☐

Exercise program

☐**Day 14**

Deep breathing and coughing

☐ ☐ ☐ ☐Walk for **18 minutes**☐ ☐

Exercise program

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Week 3

Activity Guidelines: Continue with the light activities you started in Week 2, but remember you must not lift items greater than 2.3 kg (5 lbs) or push or pull heavy objects (heavy doors, furniture, appliances).

Walk **25-30 minutes** once daily

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Exercise program

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Week 4

Activity Guidelines: Chores such as light yard work, washing the car or preparing meals may be started, but remember to avoid lifting items over 2.3 kg (5 lbs) and straining your breastbone. Discuss returning to work with your cardiologist.

Walk **30-35 minutes** once daily

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Exercise program

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Week 5

Activity Guidelines: Continue with your activities you started in Week 4.

Walk **35-40 minutes** once daily

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Week 6

Activity Guidelines: Your sternum (breastbone) should now be healed. All of your usual activities before your surgery may be resumed gradually and sensibly. If you never exercised before your surgery, discuss this with your doctor or physiotherapist.

Walk **40-45 minutes** once daily

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