

Date:

Patient study ID:

What method of contact was there between the cardiac rehabilitation team/clinician and the patient?

Face to face

Telephone

Internet

Mailing of written material

Other (please specify)

Did the patient attend class this week?

Yes

No

If No, enter the reason for non-attendance

Unwell

Transport

Undergoing treatment

Other commitments

Issues with stoma

Other (please specify)

Is the patient currently undergoing any cancer treatment?

Yes

No

If Yes, what treatment? (select all that apply)

Radiotherapy

Drug therapy

Chemotherapy

Other (please specify)

**Only complete the following if patient attended cardiac rehabilitation this week.**

Did the clinician give you any verbal advice?

Yes

No

If Yes, briefly describe

Did the clinician give you any written advice?

Yes

No

If Yes, briefly describe

Did you do any cardiovascular exercise/aerobic exercise? (e.g. walking, running on the spot, knee lifts, things that make you breathe faster)

Yes

No

If Yes, did you use any of the following equipment?

Treadmill

Bicycle

Rowing machine

Cross trainer

Skipping rope

Other

Did you do any strength work (e.g weights, exercise bands, wall press ups etc)

Yes

No

If Yes, did you use any of the following?

Weights/dumbbells

Resistance bands

Exercise ball

Multi gym

Floor mat

Other

Did you do any flexibility work? (stretching, range of movement exercises)

Yes

No

Did you do any relaxation this week?

Yes

No

Topics covered during the intervention (select all that apply)

Exercise

Diet

Stress Management

Alcohol

Smoking

Medications

Other

Did you use a heart rate monitor during the class?

Yes

No

If Yes, did you work within the range given to you?

Yes

No

Don't know

Did you use the rating of perceived exertion (RPE) scale today?

Yes

No

If Yes, did you work within the range given to you?

Yes

No

Don't know

On a scale of 1-10, how hard do you think you worked at this weeks class?

Where did your class take place?

How long was your time at the class in total?