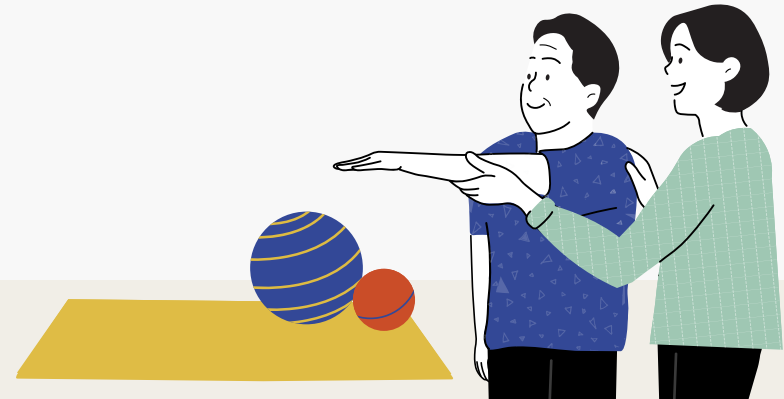




CIDP Fitness Log



Once you've consulted with your doctor about exercising while living with a neurological condition like CIDP (chronic inflammatory demyelinating polyneuropathy), it can be helpful to record your fitness progress and goals.

Use the CIDP Fitness Log on the next page to help you track your exercises, adjust your routine, and celebrate your victories along the way—all while keeping your healthcare team informed.

Be sure to speak with your healthcare team before exercising to ensure it's safe and suitable based on your CIDP symptoms and abilities.

01. Goals (e.g., enhance mobility and strength)








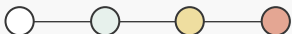
02. Achievements (e.g., increased duration of workout)

03. Questions/comments for your healthcare team (e.g., what exercise modifications do you recommend?)

CIDP Fitness Log

Exercise Difficulty Rating Scale*:

- No effort to very light effort
- Moderate effort (your target exercise area)
- Hard effort (slow down to reach target exercise area)
- Very hard to extremely hard effort (stop and rest)

| Date | Type of exercise | Duration | # of sets, repetitions (and resistance, if any) | How difficult did your exercise feel to complete? | Notes |
|-------------|-------------------|----------|---|---|---|
| e.g., 02/21 | Hamstring stretch | 20 min. | 2 sets, 3 reps |  | Will focus on upper body strength next time |
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*Based on the BORG Rating of Perceived Exertion Scale.