Date and time	Duration	Exercise	Rating of distress/ Anxiety Level			Comments
			Before Exercise	Start of Exercise	End of Exercise	
		SOLEI	RP Exercise Record	ing		
No Distress/	Mild Distres	s/	Moderate Distress/	Sev	ere Distress/	Panic
Anxiety	Anxiety		Anxiety		nxiety	
•	•		•		•	
0%	25%		50%	75%	%	100%