

'B-FIT' TRAINING GUIDE

Appendix 1



APPENDIX 1 ACTIVITY LIST.

To determine the activity level, the activity list below can be used (Table 2). Please note: if you use the activity list, it is recommended to pass it on to the patient at the end of the first visit (Section 2.12, overview of steps in the care pathway).

It is important that the patient not only indicates the absolute duration of each activity, but also the perceived level of physical effort. The RPE scale can be used as an aid. The RPE scale is a subjective exercise exertion scale which is intended to estimate the amount of effort, the workload and fatigue on a scale of 6 to 20. For reliable use, user training is necessary so the patient understands which score corresponds to which subjective experience. Good instructions also improve reliability. It is therefore recommended to provide the following standard instructions at least once (before the start of the measurement):

“While doing physical activity, we want you to rate your perception of exertion. This feeling should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue. Do not concern yourself with any one factor such as leg pain or shortness of breath, but try to focus on your total feeling of exertion. Look at the rating scale below while you are engaging in an activity; it ranges from 6 to 20, where 6 means “no exertion at all” and 20 means “maximal exertion.” Choose the number from below that best describes your level of exertion. Try to appraise your feeling of exertion as honestly as possible, without thinking about what the actual physical load is. Your own feeling of effort and exertion is important, not how it compares to other people’s. Look at the scales and the expressions and then give a number.”

The patient must keep an activity list for three ‘average’ days. This means that the measurement period does not include events such as a holiday or weekend away. Shortly after the end of an activity (<5 minutes), the patient registers the duration of the activity and the experienced load on the basis of the RPE scale. Activities that are scored 11 or lower are low intensity, activities of 12 and 13 are moderate intensity and activities that are scored 14 or higher are high intensity.

At the end of the three-day period, the practitioner determines the total time per zone and examines how the activity level of the patient relates to the WHO physical activity guidelines. An example is given below (Table 1). In combination with information about the physical capacity of the patient (*what can someone do*), which is usually obtained on the basis of clinical expertise, the practitioner determines to what extent there is deconditioning due to inactivity (Section 2.4).

Time	Activity	Duration	Experienced level of effort		
			Low intensity	Moderate intensity	High intensity
8:00	Get up, dress, wash	30 min.	X		
8:30	Breakfast, clean up	30 min.	X		
9:00	Walking the dog	15 min.		X	
9:15	Off to work	60 min.	X		
	Total		120 min.	15 min.	0 min.

Table 1. Using the activity list to determine the relative workload.

RPE SCALE

6

6

7

Extremely light

7

8

8

9

Very light

9

10

10

11

Fairly light

11

12

12

13

Somewhat hard

13

14

14

15

Hard

15

16

16

17

Very hard

17

18

18

19

Extremely hard

19

20

20