

Activity Log

This log is used to document progress towards goals and to show to your healthcare provider on follow-up visits.

For additional copies, go to our website at www.ptandsr.com and download this form.

WEEK _____

Activity		Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Pain Control	Bio Freeze							
	Cold Pack							
Stretching								
Strengthening								
Balance								

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