



Exercise is Medicine



BEWELL
Home Physical Therapy

Long term goal: _____

Short term goal: _____

This week goal: Frequency: _____ Duration: _____

Week No. : # _____ Month/Date: _____/_____/_____ to _____/_____/_____

This week goal: Met / Not Met

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio exercise							
<i>Type</i>							
<i>Duration</i>							
Stretching							
<i>type</i>							
<i>duration</i>							
Functional exercise							
<i>type</i>							
<i>duration</i>							