

Indicate the physical activity you have chosen to do each day from the list below. Marking the box on the calendar with the number from the key.

If you did more than one, mark the box with all the numbers used that day.

Key

- 1. Change in Position:** Use a timer (30 minutes) to pause and get up from sitting while studying and reading. Take a break from sitting for 3-5 minutes. Resume work. Do every day.
- 2. Walking program:** Start at 5 minutes per day. Progress by 2 minutes every 5 days until you get to 30 minutes. (See attached form.)
- 3. Walk/Jog program:** Start with Day One (5 minutes of walking.) Progress through each "Day" once a week.
- 4. Pain clinic exercises.** (Exercises given by pain management team): Do these every day. (See attached form.)
- 5. PT exercises.** (Exercises given by treating physical therapist) Do these every day.

Physical Activity

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Notes: (Add any notes on difficulties or successes here)