

YOUR PERSONAL EXERCISE LOG (available at <http://accessrehab.org/accessrehab/patient-forms>)

MONTH:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
○ Ex Ex Ex	○ Ex Ex Ex PT Appointment [: am pm]	○ Ex Ex Ex PT Appointment [: am pm]	○ Ex Ex Ex PT Appointment [: am pm]	○ Ex Ex Ex PT Appointment [: am pm]	○ Ex Ex Ex PT Appointment [: am pm]	○ Ex Ex Ex

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
○ Ex Ex Ex	○ Ex Ex Ex PT Appointment [: am pm]	○ Ex Ex Ex PT Appointment [: am pm]	○ Ex Ex Ex PT Appointment [: am pm]	○ Ex Ex Ex PT Appointment [: am pm]	○ Ex Ex Ex PT Appointment [: am pm]	○ Ex Ex Ex

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Exercise Tips: Exercise at the same time daily. If you feel stressed, use “Intelligent Cheating” 10 sessions a week gives you about 90% success. Do this for about 3 months after you reach your goals. 6 sessions a week gives you half the benefit. You need to do this for about 6 months after reaching your goals. 3 sessions a week MAINTAINS you with no advancement. For how long? As long as you want to be active! Need to start over? That’s okay. Start with fewer reps, and easier. Take many steps to re-reach your goals.

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