

## Therapy Log

<b>Daily Activity and Exercise Log</b>							
Week: _____							
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Activity: _____							
Date: _____							
<b>1. Diaphragmatic Breathing</b>							
<b>2. Trunk Rotation</b>							
<b>3. Elbows Back</b>							
<b>4. Reaching to the Ceiling</b>							
<b>5. Windmill</b>							
<b>6. Thigh Strengthening</b>							
<b>7. Shoulder Shrugs</b>							
<b>8. Shoulder Circles</b>							
<b>9. Foot Treading</b>							