



REZAC & ASSOCIATES

PHYSICAL THERAPY, LLC

YOU make the CHOICE

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Home Exercise Log

Name:							Week of:	
Exercise / Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	

For each exercise, fill in number of repetitions x sets performed or time, resistance (weight or machine level) and/or distance. Ex: Bike 10 min Level 2, Bicep Curl 3# 15 x 3, Walking 10 min 1 mile or # steps on Pedometer for day. Use this log to track your progression of increased time, repetitions, resistance, etc over time. **YOU MAKE THE CHOICE TO DO IT!**