My weekly movement plan

Small steps, recorded your way. Complete this sheet with Richard using the exercises and limits agreed for you.

Name: _____ Week starting: _____

Agreed exercise / activity	Reps / hold / frequency	M	T	W	T	F	S	S

How did it feel?

Next review: _____ Questions for Richard: _____

> Keep it personal. Follow your agreed plan, not someone else's. Stop and seek advice for new pain, worsening symptoms or feeling unwell. This sheet records activity; it does not diagnose a problem or prescribe treatment.