OSTEOARTHRITIS 1on1
Exercise Log

Print this page and post it in a handy spot.

Before starting a new exercise, **talk with your doctor or physical therapist**. He or she can decide the kinds and level of activity that are right for you. Together you can create an Exercise Plan.

Use this Exercise Log to track your progress. Update it after each exercise session. Take it with you on each doctor visit.

Date	Activity	How Far or How Many Repetitions	How Long You Exercised	Comments/ Symptoms

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