

Active Rehab Calendar

Patient Name:

| | <i>Example Day</i> | Day 1 | Day 2 | Day 3 |
|---|---|--------------|--------------|--------------|
| Date | <i>Jan 1, 2018</i> | | | |
| <p>**Complete this section ONE DAY PRIOR to challenge:</p> <p>Physical Challenge:</p> <p><i>Slow walk for 10 minutes</i></p> <p>Time of Day to Complete:</p> <p><i>Morning (10:00 am)</i></p> <p>Cognitive Challenge:</p> <p><i>Read newspaper for 5 mins</i></p> <p>Time of Day to Complete:</p> <p><i>Afternoon (between 1:30 and 2:30 pm)</i></p> | | | | |
| <p>**Complete this section DAY OF challenge:</p> <p>Symptoms during Physical Challenge: <i>(Green, Yellow, Red)</i></p> <p>Physical Challenge Completed? <i>(Completed with 1 or fewer RED symptoms)</i></p> <p>Symptoms during Cognitive Challenge: <i>(Green, Yellow, Red)</i></p> <p>Cognitive Challenge Completed? <i>(Completed with 1 or fewer RED symptoms)</i></p> | <p><i>Mostly green, with 1 yellow symptom</i></p> <p style="text-align: center;">✓</p> <p><i>No symptoms</i></p> <p style="text-align: center;">✓</p> | | | |

*Make sure to schedule in physical and cognitive challenges **the day before** completing challenge!

*Progress physical and cognitive challenges in a slow and graduated manner, so as not to make symptoms worse.

Patient Name:

| | Day ____ | Day ____ | Day ____ | Day ____ |
|---|----------|----------|----------|----------|
| Date | | | | |
| <p>**Complete this section ONE DAY PRIOR to challenge:</p> <p>Physical Challenge:</p> <p>Time of Day to Complete:</p> <p>Cognitive Challenge:</p> <p>Time of Day to Complete:</p> | | | | |
| <p>**Complete this section DAY OF challenge:</p> <p>Symptoms during Physical Challenge: <i>(Green, Yellow, Red)</i></p> <p>Physical Challenge Completed? <i>(Completed with 1 or fewer RED symptoms)</i></p> <p>Symptoms during Cognitive Challenge: <i>(Green, Yellow, Red)</i></p> <p>Cognitive Challenge Completed? <i>(Completed with 1 or fewer RED symptoms)</i></p> | | | | |

***Make sure to schedule in physical and cognitive challenges the day before completing challenge!**

***Progress challenges in a slow and graduated manner, so as not to make symptoms worse.**