

HYDROTHERAPY EXERCISE PLANNER

Track. Progress. Recover.

Name:

Start Date:

Goal:

Weekly Log

DATE	EXERCISE NAME	REPS/SETS	PAIN LEVEL BEFORE (0-10)	PAIN LEVEL AFTER (0-10)	MOBILITY NOTES	ADDITIONAL COMMENTS

Progress Tracker

WEEK NUMBER	AVERAGE PAIN LEVEL	MOBILITY NOTES	STRENGTH GAINS	WELL-BEING SCORE	ADDITIONAL COMMENTS

Exercise Program

WEEK NUMBER	EXERCISE NAME		REPS/SETS	NOTES

Exercise Program

WEEK NUMBER	EXERCISE NAME	REPS/SETS	NOTES

Progression Guide

CRITERIA	MET (YES/NO)	NOTES
PAIN BELOW 4/10 DURING/AFTER		
ABLE TO COMPLETE CURRENT SETS EASILY		
NOTICING STRENGTH/FLEXIBILITY IMPROVEMENTS		

Notes & Custom Plans

DATE	CLINICIAN NOTES	PERSONAL ADJUSTMENTS