

Bed Exercises

Progress Tracker:

Week 1:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dorsiflexion & Plantarflexion	Set:							
	Rep:							
Static Quads	Set:							
	Rep:							
Straight Leg Raise	Set:							
	Rep:							
Hip Abduction & Adduction	Set:							
	Rep:							
Bridging	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
External Rotation of the Shoulder	Set:							
	Rep:							
Elbow Flexion	Set:							
	Rep:							
Making a Fist	Set:							
	Rep:							

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Progress Tracker:

Week 2:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dorsiflexion & Plantarflexion	Set:							
	Rep:							
Static Quads	Set:							
	Rep:							
Straight Leg Raise	Set:							
	Rep:							
Hip Abduction & Adduction	Set:							
	Rep:							
Bridging	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
External Rotation of the Shoulder	Set:							
	Rep:							
Elbow Flexion	Set:							
	Rep:							
Making a Fist	Set:							
	Rep:							

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Progress Tracker:

Week 3:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dorsiflexion & Plantarflexion	Set:							
	Rep:							
Static Quads	Set:							
	Rep:							
Straight Leg Raise	Set:							
	Rep:							
Hip Abduction & Adduction	Set:							
	Rep:							
Bridging	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
External Rotation of the Shoulder	Set:							
	Rep:							
Elbow Flexion	Set:							
	Rep:							
Making a Fist	Set:							
	Rep:							

Bed Exercises

Progress Tracker:

Week 4:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dorsiflexion & Plantarflexion	Set:							
	Rep:							
Static Quads	Set:							
	Rep:							
Straight Leg Raise	Set:							
	Rep:							
Hip Abduction & Adduction	Set:							
	Rep:							
Bridging	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
External Rotation of the Shoulder	Set:							
	Rep:							
Elbow Flexion	Set:							
	Rep:							
Making a Fist	Set:							
	Rep:							

Short Term Goals

With regards to your exercises, what are your goals that you wish to achieve within the next 4 to 6 weeks?

Long Term Goals

With regards to your exercises, what are your goals that you wish to achieve within the next 6 to 12+ weeks?