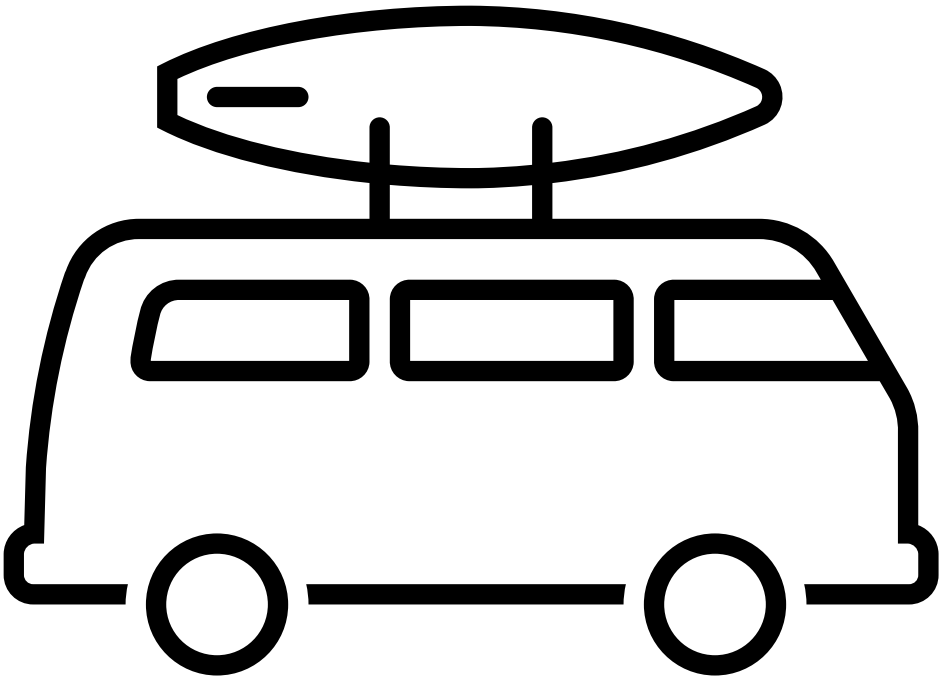
Stretching Diary



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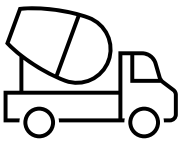
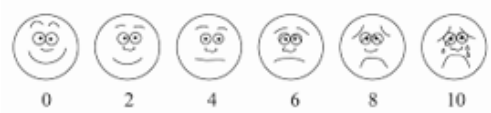
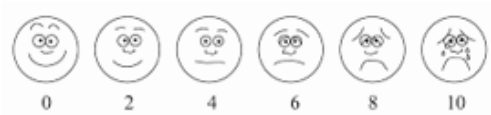
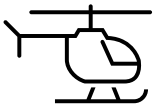
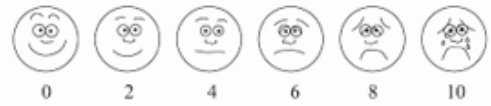
Sunday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Monday	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Tuesday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
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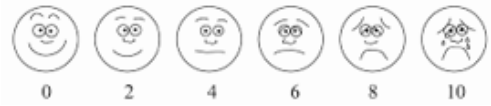
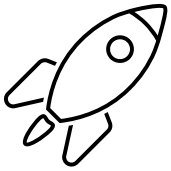
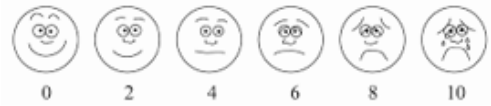
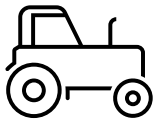
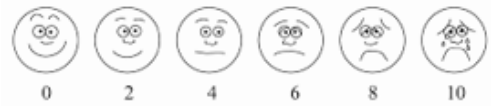
Thursday	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Friday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Saturday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____

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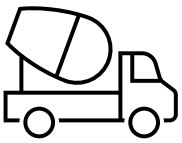
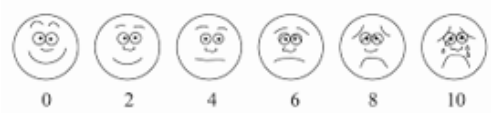
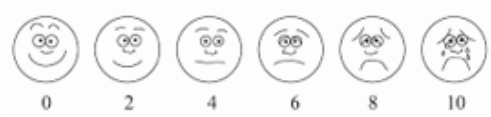
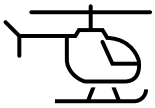
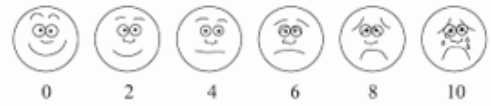
Sunday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Monday	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Tuesday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
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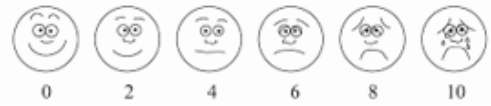
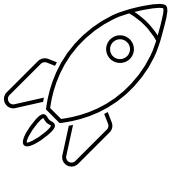
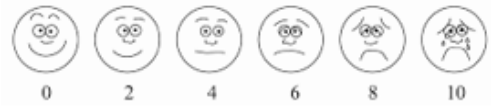
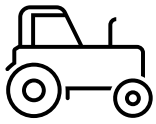
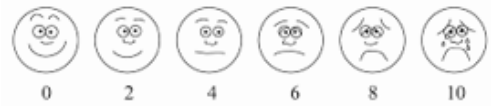
Thursday	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Friday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Saturday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____

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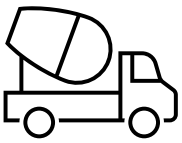
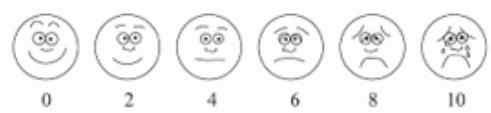
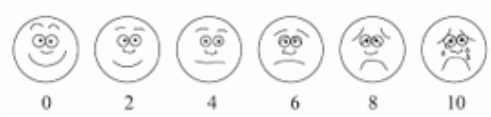
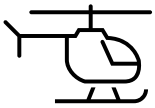
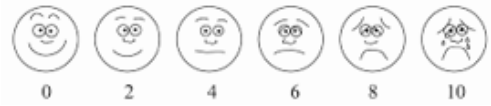
Sunday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Monday	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Tuesday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
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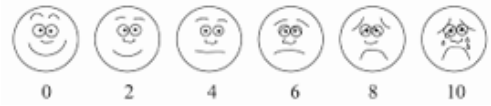
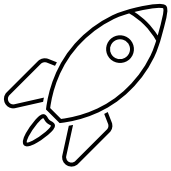
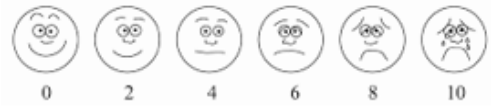
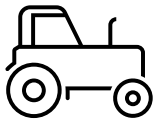
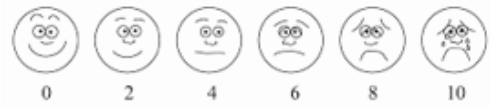
Thursday	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Friday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Saturday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____

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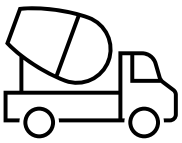
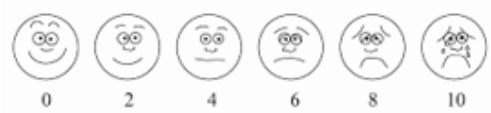
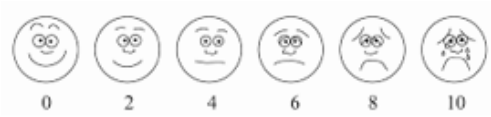
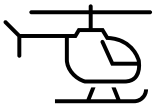
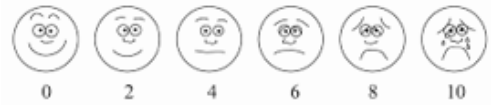
Sunday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Monday	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Tuesday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
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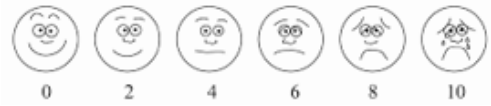
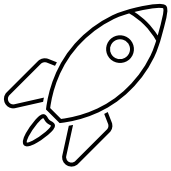
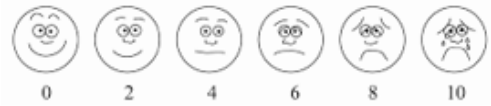
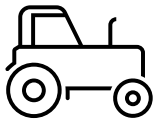
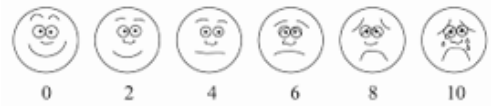
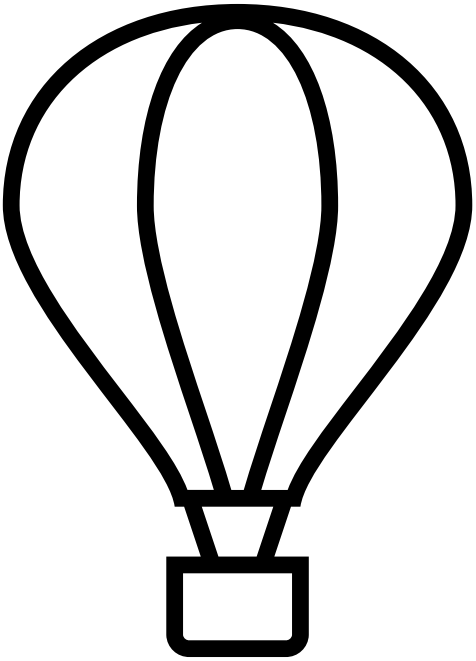
Thursday	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Friday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____
Saturday 	□ Yes □ No □ Kinda	□ Less than 3 mins □ 3- 5 mins □ 5- 10 mins □ 10-15 mins	 _____ _____



YEAH!

You have been working on your stretches for 1 month.

Keep up the awesome work!!

Please bring your diary into clinic with you for your physio assessments.

Contact your physiotherapist if you are having worries with your program