Activity Chart: Daily Progress Report

smartdraw

Activity Record	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance: List of activities							
Duration							
Flexibility: (Stretching)							
Hamstrings	☐	☐	☐	☐	☐	☐	☐
Alternative Hamstrings	☐	☐	☐	☐	☐	☐	☐
Calves	☐	☐	☐	☐	☐	☐	☐
Ankles	☐	☐	☐	☐	☐	☐	☐
Triceps	☐	☐	☐	☐	☐	☐	☐
Wrists	☐	☐	☐	☐	☐	☐	☐
Quadriceps	☐	☐	☐	☐	☐	☐	☐
Double Hip Rotation	☐	☐	☐	☐	☐	☐	☐
Single Hip Rotation	☐	☐	☐	☐	☐	☐	☐
Shoulder Rotation	☐	☐	☐	☐	☐	☐	☐
Neck Rotation	☐	☐	☐	☐	☐	☐	☐