



# Strengthening Exercise Record

Date:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Exercise	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions
1							
2							
3							
4							
5							
6							
7							
8							
9							



# Strengthening Exercise Record

Date:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Exercise	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions
1							
2							
3							
4							
5							
6							
7							
8							
9							

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

**Document Control**  
Division: Swindon community Health Services  
Department: Physiotherapy  
Approved Date: 5 June 2020  
Next Review Date: July 2023  
Document Number: SCHS-PIL0120