



Training Log

Date

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stability ^{5 x 3}							
Flexibility/Yoga ^{20 x 4}							
Aerobic endurance ^{40 x 3}							
Strength training ^{25 x 1}							

Therapies	5/5	5/6	5/7	5/8	5/9	5/10	5/11
Stimulator/Heating pad							
Meditat. ^{10 x 3} Massage ^{15 x 3}							
Acupressure/Accupunct.							
Light or Ritual Therapy							
Fluids ⁸ /Resting pulse							



Training Log

DATE

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indo board							
Flexibility/Yoga ^{20 x 3}							
Aerobic endurance ^{40 x 3}							
Strength training ^{25 x 3}							
Physical therapy							

Therapies	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stimulator/Heating pad							
Meditation/Hypnosis ^{10 x 3}							
Massage/Chiropractic							
Ayurvedic Meds/Herbal							
Acupressure/Accupunct.							
Reiki/Qigong							
Light or Ritual Therapy							
Fluids/Resting pulse							
Medication							

Alternative Therapies

Alternative Therapies

- Acupuncture
- Ayurvedic medicine
- Herbal therapy
- Hypnosis
- Kinesiology
- Massage
- Naturopathic medicine
- Qigong
- Reiki
- Yoga
- Chiropractic
- Pilates

Regular Therapies

- Stability/Indo board
- Flexibility/stretching
- Aerobic activity
- Strength training
- Muscle stimulator
- Heating pad
- Meditation
- Light therapy
- Hydration
- Ritual Healing
- Medication