Exercise Diary



Session No: Name: Date: Next appointment:

													D	ay												
	Sets / Reps	Holds / colour	1	2	3	4	5	6	7	8	9	10	Г		13	14	15	16	17	18	19	20	21			
Knuckle bends	1 x	sec																								
Finger bends	1 x	sec																								
Finger walking	1 x																									
Wrist circles	1 x																									
Spread fingers	1 x							Г					Г		Г											
Wrist backward bends	x 10																									
Hand squeeze	x 10																									
Squeeze fingers	x 10																									
Finger pinch	x 10																									
Hand behind head	1 x	sec																								
Hand behind back	1 x	sec																								

Comments:

(difficulties, problems, reasons for not doing exs)