

Otago Exercise Calendar



Use this calendar to keep track of when you do your Otago exercises or when you walk. Just mark the days or time you spent exercising or walking. Show this to your Otago physical therapist when they visit your house as to keep track of your progress. Ask your physical therapist to provide you with additional pages of this calendar when you run out. An example of a completed exercise calendar follows the calendar template.

Otago Exercise Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:	Date:	Date:	Date:	Date:	Date:	Date:

SAMPLE – Otago Exercise Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:	Date:	Date:	Date:	Date:	Date:	Date:
<ul style="list-style-type: none"> ▪ Walk – 15 minutes 	<ul style="list-style-type: none"> ▪ Otago exercises – 30 minutes ▪ Walk – 10 minutes 		<ul style="list-style-type: none"> ▪ Otago exercises – 30 minutes ▪ 	<ul style="list-style-type: none"> ▪ Otago exercises – 20 minutes ▪ Walked around park – 15 minutes 	<ul style="list-style-type: none"> ▪ Otago exercises – 30 minutes ▪ 	<ul style="list-style-type: none"> ▪ Otago exercises – 30 minutes ▪ Walk – 10 minutes

