

Otago Exercise Diary

Use this diary to record your thoughts and feelings about your Otago exercises and how your body feels before and after you perform them. You can also keep track of how far you walk and where you walk in this diary. Ask your physical therapist to provide you with additional pages of this diary when you run out. An example diary entry is provided below.

Date 2/8/11

Notes (EXAMPLE)

Every day I do the Otago exercises they get a little easier. I still have trouble with the side hip strengthening exercise because of my bad hip, but I've noticed some improvement. I've also noticed I'm not as tired after finishing the exercises as I was when I first started. Today I also walked 10 minutes around my neighborhood.

Date _____

Notes _____

Date _____

Notes _____

