

WEEKLY EXERCISE RECORD – TOTAL HIP REPLACEMENT

Week of _____

EXERCISE #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise #1							
Exercise #2							
Exercise #3							
Exercise #4							
Exercise #5							
Exercise #6							
Exercise #7							
Exercise #8							
Exercise #9							
Exercise #10							
Exercise #11							
Exercise #12							

Week of _____

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Exercise #1							
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Exercise #12							