

PETTIBON HOME EXERCISE LOG

NAME: _____

DATE STARTED: _____

DATE COMPLETED: _____

| | AM | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------------------|-----------------------|-----|-----|-----|-----|-----|-----|-----|
| Nutrition | Morning | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Salt | 1oz | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Thoracic roll | 4 min | | | | | | | |
| Six-way stretch | 6 min | | | | | | | |
| Six-way strengthening | 6 min | | | | | | | |
| Cervical traction (60 reps) | 5 min | | | | | | | |
| Wobble exercises (2x) | 4 min | | | | | | | |
| Wobble figure 8 (120 cycles) | 7 min | | | | | | | |
| Exercise w/weights | 15 min | | | | | | | |
| Head weights | (write down your lbs) | | | | | | | |
| Shoulder weights | (write down your lbs) | | | | | | | |
| Hip weights | (write down your lbs) | | | | | | | |
| Fulcrum exercises | 7 min | | | | | | | |
| Ant. Neck Flex | 3 min | | | | | | | |
| Psoas Strength | 3 min | | | | | | | |
| Comments (detailed): _____ | | | | | | | | |

| | PM | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------------------|-----------------------|-----|-----|-----|-----|-----|-----|-----|
| Nutrition | Evening | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Water during the day | in oz. | | | | | | | |
| Thoracic roll | 4 min | | | | | | | |
| Six-way stretch | 6 min | | | | | | | |
| Six-way strengthening | 6 min | | | | | | | |
| Cervical traction (60 reps) | 5 min | | | | | | | |
| Wobble exercises (2x) | 4 min | | | | | | | |
| Wobble figure 8 (120 cycles) | 7 min | | | | | | | |
| Exercise w/weights | 15 min | | | | | | | |
| Head weights | (write down your lbs) | | | | | | | |
| Shoulder weights | (write down your lbs) | | | | | | | |
| Hip weights | (write down your lbs) | | | | | | | |
| Ant. Neck Flex | 3 min | | | | | | | |
| Psoas Strength | 3 min | | | | | | | |
| Spinal Molding | 20 min | | | | | | | |
| Comments (detailed): _____ | | | | | | | | |

| | AM | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------------------|-----------------------|-----|-----|-----|-----|-----|-----|-----|
| Nutrition | Morning | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Salt | 1oz | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Thoracic roll | 4 min | | | | | | | |
| Six-way stretch | 6 min | | | | | | | |
| Six-way strengthening | 6 min | | | | | | | |
| Cervical traction (60 reps) | 5 min | | | | | | | |
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| Fulcrum exercises | 7 min | | | | | | | |
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| Comments (detailed): _____ | | | | | | | | |

| | PM | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------------------|-----------------------|-----|-----|-----|-----|-----|-----|-----|
| Nutrition | Evening | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Water during the day | in oz. | | | | | | | |
| Thoracic roll | 4 min | | | | | | | |
| Six-way stretch | 6 min | | | | | | | |
| Six-way strengthening | 6 min | | | | | | | |
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| Ant. Neck Flex | 3 min | | | | | | | |
| Psoas Strength | 3 min | | | | | | | |
| Spinal Molding | 20 min | | | | | | | |
| Comments (detailed): _____ | | | | | | | | |