

Monthly Workout Calendar

Please fill in your workouts for the week and plan ahead. This will help you stay motivated and accountable!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>

Workouts

- Passive Range of Motion (PROM)
- Dowel Exercises
- Towel Exercises
- Upper Body Strengthening
- Lower Body Strengthening
- Core Exercises

Functional Hand Exercises

1. Tong series (grip strengthening)
2. Tong series (pinch strengthening)
3. Spatula series
4. Water bottle series
5. Scooping series
6. Card series
7. Coins/Checkers

