

## Work Activity Planner

Your planner can be used to keep track of break and exercise times and record any restrictions you have at work.

Example	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Today's Break times</b>  10.45am 15 mins  Lunch 12-12.30pm  3.45pm 15 mins	Today's Break times	Today's Break times	Today's Break times	Today's Break times	Today's Break times	Today's Break times	Today's Break times
<b>Today's Exercises</b>  10.00am Back & neck exercises 15 mins  3.00pm General stretches 10 mins	Today's Exercises	Today's Exercises	Today's Exercises	Today's Exercises	Today's Exercises	Today's Exercises	Today's Exercises
<b>Work Restrictions</b>  No heavy lifting  Shouldn't stay in one spot for more than 30 mins	Work Restrictions	Work Restrictions	Work Restrictions	Work Restrictions	Work Restrictions	Work Restrictions	Work Restrictions

## Return to Work Home Activity Planner

Your planner can be used to plan daily activities and maintain treatment and return to appointments.

Example	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b> Back & neck exercises 15 mins	Morning	Morning	Morning	Morning	Morning	Morning	Morning
<b>Afternoon</b> Physio appointment 1pm Walk the dog Follow up with work re: going back to work half days	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
<b>Evening</b> Back & neck exercises 15 mins	Evening	Evening	Evening	Evening	Evening	Evening	Evening