

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
Today's Break times 10.45am 15 mins Lunch 12-12.30pm 3.45pm 15 mins	Today's Break times						
Today's Exercises 10.00am Back & neck exercises 15 mins 3.00pm General stretches 10 mins	Today's Exercises						
Work Restrictions No heavy lifting Shouldn't stay in one spot for more than 30 mins	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
Morning Back & neck exercises 15 mins	Morning						
Afternoon Physio appointment 1pm Walk the dog Follow up with work re: going back to work half days	Afternoon						
Evening Back & neck exercises 15 mins	Evening						