

Weekly Diary

RECOVERY EXERCISES

Choose up to 4 moves each day from Green Phase 1 and try to do them twice per day. Choose different moves each day and make a note in the chart.

The me+™ recovery series is not intended to provide medical advice. You should speak with your health care professional before engaging in physical activity following ostomy surgery. In the event you experience pain or discomfort, stop the activity immediately and contact your health care professional.

Each day make a note of the following:

Days since surgery/date	Daily Walking/Activity	Recovery Movements	Tomorrow's Goal
		1 2 3 4	
		1 2 3 4	
		1 2 3 4	
		1 2 3 4	
		1 2 3 4	
		1 2 3 4	
		1 2 3 4	