## 4-Week Exercise Log

bud \& bloom PHYSICAL THERAPY

## Start Date:

|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| Week 1 |  |  |  |  |  |  |  |
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| Week 2 |  |  |  |  |  |  |  |
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| Week 3 |  |  |  |  |  |  |  |
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| Week <br> 4 |  |  |  |  |  |  |  |
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