

The more you move, the faster you will heal!

Day 1 Activity

- A Physical Therapist (PT) may evaluate you.
- Do **not** get out bed without help from a PT, a nurse, or a patient care technician.
- Sit in a chair for all your meals:



Breakfast

Lunch

Dinner

Today's Goals

- Be out of bed for 8 hours
- Walk in the hall 3 to 4 times
- Walk 9 laps of the unit:



Walk #1: _____ laps

Walk #2: _____ laps

Walk #3: _____ laps

The more you move, the faster you will heal!

Day 2 Activity

- Sit in a chair for all your meals:



- Breakfast
- Lunch
- Dinner

Today's Goals

- Be out of bed for 8 hours
- Walk in the hall 3 to 4 times
- Walk 18 laps of the unit:



- Walk #1: _____ laps
- Walk #2: _____ laps
- Walk #3: _____ laps
- Walk #4: _____ laps

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Day 3 Activity

- Sit in a chair for all your meals:



- Breakfast
- Lunch
- Dinner

Today's Goals

- Be out of bed for 8 hours
- Walk in the hall 3 to 4 times
- Walk 18 laps of the unit:



- Walk #1: _____ laps
- Walk #2: _____ laps
- Walk #3: _____ laps
- Walk #4: _____ laps