

Message Log

MESSAGE LOG

Record one entry per line, as close to the event as possible. Bring the completed log to your next appointment.

Name: _____ Date completed: _____ dd / mm / yyyy

Date of birth: _____ dd / mm / yyyy Record / MRN number: _____

Recorded by: _____ Period covered: _____

Complete one row per entry. Record sets x reps at the time it is observed rather than from memory.

MESSAGE LOG

Date: _____ Time: _____

Exercise: _____ Sets x reps: _____

Notes / action taken

Patterns noticed over this period

Questions for the next appointment