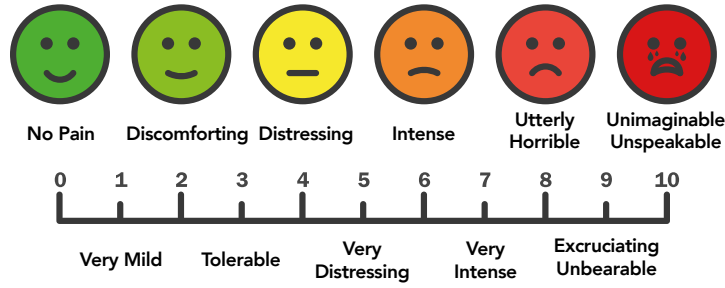


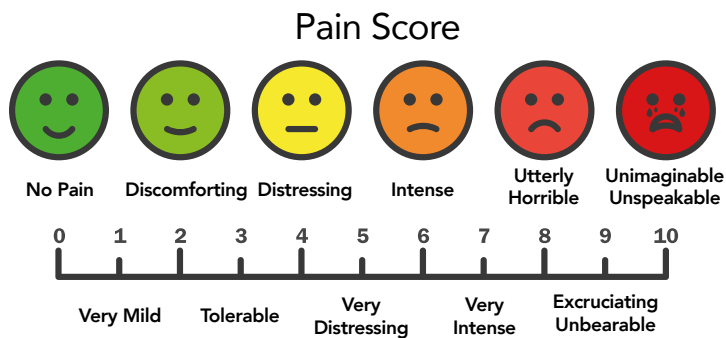
Hip Replacement Activity Progression Journal

Pain Score



	Morning Pain Score	Exercises AM (check ✓)	Walking Time or Distance	Exercises PM (check ✓)	Evening Pain Score	Achievement of Daily Activity/Chore (details)
WEEK 1						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
WEEK 2						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
WEEK 3						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Hip Replacement Activity Progression Journal



	Morning Pain Score	Exercises AM (check ✓)	Walking Time or Distance	Exercises PM (check ✓)	Evening Pain Score	Achievement of Daily Activity/Chore (details)
WEEK 4						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
WEEK 5						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
WEEK 6						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						