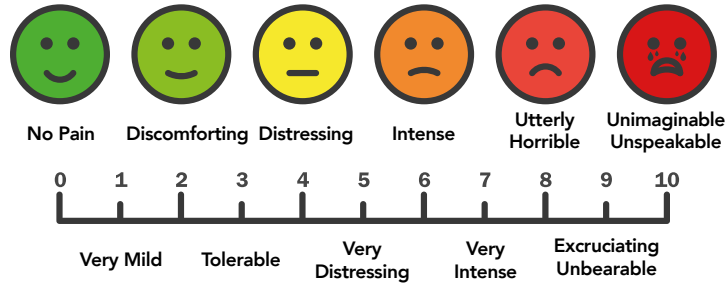


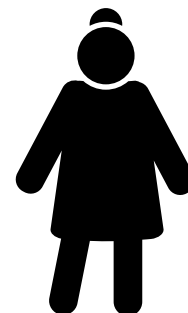
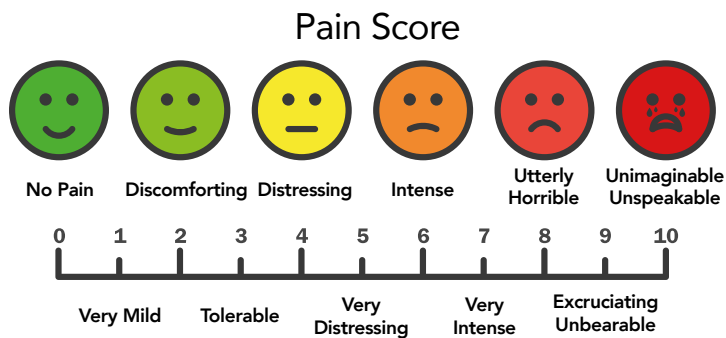
# Hip Replacement Activity Progression Journal

## Pain Score



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