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
The more you move, the faster you will heal!

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