

The Philosopher's Path

Home Exercise Handout

Client Name _____ Date _____ Frequency _____

Fill in during or after the session. Bring this sheet to your next visit.

1 Exercise _____ Sets _____ Reps / Hold _____
Notes _____

2 Exercise _____ Sets _____ Reps / Hold _____
Notes _____

3 Exercise _____ Sets _____ Reps / Hold _____
Notes _____

4 Exercise _____ Sets _____ Reps / Hold _____
Notes _____

5 Exercise _____ Sets _____ Reps / Hold _____
Notes _____

6

Exercise _____

Sets _____

Reps / Hold _____

Notes _____
