

Exercise and Daily Health Sheet 1(Date _____)

Vitals

Meds _____ BP₁ _____ Time₁ _____ HR₁ _____ Wt _____ Veggies _____
 Water _____ BP₂ _____ Time₂ _____ HR₂ _____ Fruits _____ Green tea _____
 Vit _____ D3 _____ Aspirin _____ Turmeric _____ Fish oil _____
 Cod Liver oil _____ Omega 3 _____ melatonin _____ Co Q 10 _____ Flaxseed oil _____
 B12 _____ Biotin _____ Potassium Glucomate _____ Selenium _____
 Inspirational Reading _____ Inspirational music _____

Notes

Exercise Types and Times

Type of Exercise	Time	Time	Time
1.Sit ups (50)			
2.Stomach bends (100)			
3.Arm Row (100)			
4.Leg Row (100)			
5.Arm/wt/up-L (50)			
6. Arm/wt/up-R (50)			
7. Arm/wt/out-L (50)			
8. Arm/wt/out-R (50)			
9. Arm/wt/rotation (50)			
10. Arm/wt/back-forth (50).			
11. Electrical Stimulation . a. face b. arm c. leg			
12. Massage a. face b. arm c. leg			
13. Deep Breathing (5/2500ml).			
14. Dancing (at least 5 minutes)			