

IQoro® Exercise and Testing Journal

Exercise 3 times per day, with at least 2 hours between sessions. Each exercise session should consist of three pulls straight forward, each held for 5-10 seconds, with 3 seconds rest in between.

Draw a line in the box for each completed exercise session.

EXAMPLE ¹
w. 1

MON	TUES	WED	THURS	FRI	SAT	SUN
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STARTING DATE:

1							
	MON	TUES	WED	THURS	FRI	SAT	SUN
2							
	MON	TUES	WED	THURS	FRI	SAT	SUN
3							
	MON	TUES	WED	THURS	FRI	SAT	SUN
4							
	MON	TUES	WED	THURS	FRI	SAT	SUN
5							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6							
	MON	TUES	WED	THURS	FRI	SAT	SUN
7							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8							
	MON	TUES	WED	THURS	FRI	SAT	SUN
9							
	MON	TUES	WED	THURS	FRI	SAT	SUN
10							
	MON	TUES	WED	THURS	FRI	SAT	SUN
11							
	MON	TUES	WED	THURS	FRI	SAT	SUN
12							
	MON	TUES	WED	THURS	FRI	SAT	SUN
13							
	MON	TUES	WED	THURS	FRI	SAT	SUN
14							
	MON	TUES	WED	THURS	FRI	SAT	SUN
15							
	MON	TUES	WED	THURS	FRI	SAT	SUN
16							
	MON	TUES	WED	THURS	FRI	SAT	SUN

SYMPTOMS, HOW OFTEN, HOW BOTHERSOME:

w. 0-1

w. 2

w. 3

w. 4

w. 5

w. 6

w. 7

w. 8

w. 9

w. 10

w. 11

w. 12

w. 13

w. 14

w. 15

w. 16
