

Weekly Activity Planner

Keeping track of your physical activity is a great way to provide progress reports to your healthcare team.

ACTIVITY KEY:



Endurance



Upper Body Strength



Lower Body Strength



Balance



Flexibility

WEEK #:

DATE:



COMMENTS

(How did you perform? How did you feel?)

						COMMENTS (How did you perform? How did you feel?)
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						

ELIGARD® (leuprolide acetate for injectable suspension) is a prescription drug, given by injection, for the management of advanced prostate cancer. However, there is no known cure for advanced prostate cancer. For more information, please see full Prescribing Information at www.eligard.com.

Monthly Progress Tracker

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Rate yourself between 1 and 4 and record below.		1 Task was extremely challenging, and I could not complete it			2 Task was challenging, but I managed to complete the activity			3 Task was moderately challenging			4 Task was easy		
		MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6	MONTH 7	MONTH 8	MONTH 9	MONTH 10	MONTH 11	MONTH 12
	Endurance Choose a fixed course and see how long it takes to walk/jog that distance. As your endurance improves, it should take less time.												
	Upper Body Strength Using a light hand weight, count the number of arm curls you can do safely in two minutes.												
	Lower Body Strength Count the number of chair stands you can do safely in two minutes.												
	Balance Time yourself as you stand on one foot, without support, for as long as possible. Repeat with the other foot.												
	Flexibility Sit on a chair and stretch one leg straight out in front of you with your toes pointing up. Slowly bend from your hips and reach as far as you can toward the toes of the outstretched foot. Reach until you feel a stretch.												

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