## Home Exercise Flowsheet (please bring to all of your transplant appointments)

Name:

Date	#1- Biceps (weight and repetitions)	#2- Shoulder Flexion (weight and repetitions)	#3- Shoulder Abduction (weight and repetitions)	#4-Triceps (weight and repetitions)	#5- Sit to Stand (repetitions)	#6- Knee Extension (weight and repetitions)	#7- Hip Flexion (weight and repetitions)	#8- Walking (minutes)	#9- Stationary Biking (minutes)

Date	#1- Biceps (weight and repetitions)	#2- Shoulder Flexion (weight and repetitions)	#3- Shoulder Abduction (weight and repetitions)	#4-Triceps (weight and repetitions)	#5- Sit to Stand (weight and repetitions)	#6- Knee Extension (weight and repetitions)	#7- Hip Flexion (weight and repetitions)	#8- Walking (minutes)	#9- Stationary Biking (minutes)