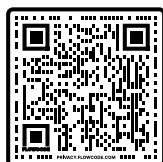


# Exercise Log after Your Breast Cancer Surgery

You can begin doing exercises from the Common Exercises resource (pages 46–47) after surgery with approval from your doctor. Record the date and number of times you did each exercise.

|        | DATE:   | DEEP BREATHING         | SHOULDER BLADE SQUEEZE | WAND EXERCISE<br>(Start after week 1) | WINGING IT<br>(Start after week 1) | SIDE BENDS<br>(Start after week 1) | WALKING               |                         |
|--------|---------|------------------------|------------------------|---------------------------------------|------------------------------------|------------------------------------|-----------------------|-------------------------|
| DAY 1  | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 2  | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 3  | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 4  | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 5  | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 6  | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 7  | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 8  | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 9  | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 10 | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 11 | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 12 | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 13 | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |
| DAY 14 | ___/___ | No. of times:<br>_____ | No. of times:<br>_____ | No. of times:<br>_____                | No. of times:<br>_____             | No. of times:<br>_____             | No. of steps<br>_____ | No. of minutes<br>_____ |



## WATCH EXERCISE DEMONSTRATION

Your Breast Cancer Surgery Program:  
Preparing for Your Operation

