## Name:

| Date <br> (d/m) | Start <br> Time | Exercise (include info like resistance level, \# head turns/min, etc.) | Sets or Duration | Reps or Heart rate | Symptoms (Yes or No)? If Yes: <br> 1. List your symptoms; AND 2. Write down when symptoms resolve after having stopped exercise. | Symptom intensity <br> 1 = low intensity <br> 10 = max intensity |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 10/4 | 9:00 am | $\mathcal{M S Q}$ fabituation training |  |  | $\mathcal{N a u s e a}$ dizziness. Resolved 10 seconds | $\mathcal{N}$ ausea $(4 \rightarrow 3)$; <br> Headache $(3 \rightarrow 2)$ |
|  |  | - 1/4 turns (Ceft and rightwards) | 1 | 5 | after finishing each reps and then I did the |  |
|  |  | - ½ turns (""") | 1 | 5 | next rep. Symptoms resolved 30 seconds |  |
|  |  |  |  |  | after having completed all 5 reps of ea. set. |  |
|  |  |  |  |  |  |  |
|  | 9:10 am | $\chi_{1}$ exercises at 80 bpm (beats per | 1 | 6 osec | Lightheaded. Resolved 1 minute after | 3 |
|  |  | minute while standing on a pillow |  |  | stopping the exercise. |  |
|  |  | and focusing on a pen in my |  |  |  |  |
|  |  | outstretched hand. |  |  |  |  |
|  |  |  |  |  |  |  |
|  | 9:12 am | YouTube action video: Driving in | 3 | 30 sec | $\mathcal{N}$ ausea. Resolved after 30 seconds and | 3 |
|  |  | Manhattan |  |  | then I did another set. |  |
|  |  |  |  |  |  |  |
|  | 9:16 am | Finished morning workout. I felt a bit | of nause | for 10 | nutes after the workout. I just sat down a | practiced some |
|  |  | Diaphragmatic breathing, visualizatio | $n$ - and | uscle te | on awareness exercises that the I was given |  |
|  |  |  |  |  |  |  |
| 10/4 | 1:23 pm | Stationary bicycle | 20 min | 100-120 | $m$ |  |
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| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
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## Notes:

