

Water Exercise Tracker for Arthritis

Log low-impact aquatic workouts to monitor joint health and relieve stiffness.

WEEKLY POOL SESSIONS TARGET _____	WATER TEMPERATURE <input type="checkbox"/> Warm <input type="checkbox"/> Cool	PRIMARY FOCUS JOINT _____
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DATE	WATER ROUTINE (AEROBICS, AQUA WALKING, JOINT MOBILITY)	DURATION	JOINT PAIN AFTER
Session 1		_____ Mins	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Worse
Session 2		_____ Mins	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Worse
Session 3		_____ Mins	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Worse
Session 4		_____ Mins	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Worse
Session 5		_____ Mins	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Worse
Session 6		_____ Mins	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Worse
Session 7		_____ Mins	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Worse