

CORE ELEMENTS WEEKLY LOG



| | <u>Exercises, Focus Sessions or Workouts</u> | <u>Discoveries During Today's Session</u> | <u>How I Integrated Foundation into my Day</u> | |
|--------------------------------------|--|---|--|---|
| DAY 1 Date 1 / 1 / 2017 | <ul style="list-style-type: none"> Lunge Decompression 3x Supine Decompression 3x Anchored Bridge 2x Decompression Breaths all day | <ul style="list-style-type: none"> Was able to breathe into back of ribcage. Back pain released! Getting better at dorsiflexion | <ul style="list-style-type: none"> Hip hinging while doing dishes Lunge decompression during conference call | Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10 |
| DAY 2 Date / / | | | | Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10 |
| DAY 3 Date / / | | | | Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10 |
| DAY 4 Date / / | | | | Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10 |
| DAY 5 Date / / | | | | Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10 |
| DAY 6 Date / / | | | | Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10 |
| DAY 7 Date / / | | | | Before Pain 0 1 2 3 4 5 6 7 8 9 10 After Pain 0 1 2 3 4 5 6 7 8 9 10 |

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