# **Blank Log Forms**

Log Form I: Group 2 ICE Log Log Form C: Stretch/Mobilization Cycles Log Form M: Maintain Mobility Log Form B: Basic Closed-Chain Log Form R: Regional Closed-Chain Log Form S: Base Schedule, Levels 0-8

#### Log Form I: Group 2 ICE Log

Phase #	Starting DAY/D	DATE:		Number o	f ICE Da	ays:
Week 1 (Day/Date/Phas	se) ICE#	Symptoms (0 to 10)	Week 2 (Day/Date/P		ICE#	Symptoms (0 to 10)
Day:	1		Day:		1	
Date:	2		Date:		2	
Phase:	3		Phase:		3	
Day:	1		Day:		1	
Date:	2		Date:		2	
Phase:	3		Phase:		3	
Day:	1		Day:		1	
Date:	2		Date:		2	
Phase:	3		Phase:		3	
Day:	1		Day:		1	
Date:	2		Date:		2	
Phase:	3		Phase:		3	
Day:	1		Day:		1	
Date:	2		Date:		2	
Phase:	3		Phase:		3	
Day:	1		Day:		1	
Date:	2		Date:		2	
Phase:	3		Phase:		3	
Day:	1		Day:		1	
Date:	2		Date:		2	
Phase:	3		Phase:		3	

Week 3	ICE#	Symptoms	Week 4	ICE#	Symptoms
Day:	1		Day:	1	
Date:	2		Date:	2	
Phase:	3		Phase:	3	
Day:	1		Day:	1	
Date:	2		Date:	2	
Phase:	3		Phase:	3	
Day:	1		Day:	1	
Date:	2		Date:	2	
Phase:	3		Phase:	3	
Day:	1		Day:	1	
Date:	2		Date:	2	
Phase:	3		Phase:	3	
Day:	1		Day:	1	
Date:	2		Date:	2	
Phase:	3		Phase:	3	
Day:	1		Day:	1	
Date:	2		Date:	2	
Phase:	3		Phase:	3	
Day:	1		Day:	1	
Date:	2		Date:	2	
Phase:	3		Phase:	3	

## Log Form C: Stretch/Mobilization Cycles

DAY/DATE:	Days since last day you ran:
PHASE #	Days in this Phase:
AFFECTED SIDE:	AFFECTED REGION(S):

Circle affected side $\rightarrow$		Left		Right	Symn	netry
		Stretches:		Stretches:		
		Stiffness (0-5)		Stiffness (0-5)		
Enter your exercise list from	Rank #	Self Mobs:	Rank#	Self Mobs:	No	Yes
Worksheets 2A1 and 2A2		Tenderness (0-5)		Tenderness (0-5)		
Stretch # 11-						
Self-Mob:						
Stretch # 11-						
Self-Mob:						
Stretch # 11-						
Self-Mob:						
Stretch # 11-						
Self-Mob:						
Stretch # 11-						
Self-Mob:						
Stretch # 11-						
Self-Mob:			-			
Stretch # 11-						
Self-Mob:			-			
Stretch # 11-						
Self-Mob:			-			
Stretch # 11-						
Self-Mob:						
Stretch # 11-						
Self-Mob:						
Stretch # 11-						
Self-Mob:						
Stretch # 11-						
Self-Mob:	1		1			
Stretch # 11-						
Self-Mob:						

### Log Form M: Maintain Mobility

DAY/DATE	Days since <i>last day you ran</i> :
PHASE #	Days in this Phase:

	Stretch/Mobilization Cycles	L	.eft	R	light	Symn	netry
	Enter your exercise list from Self-Assessment		Stiffness / Tenderness (0-5)	<b>Pain</b> (0-10)	Stiffness / Tenderness (0-5)	No	Yes
	Stretch #						
Set 1	Self-Mobs						
	Stretch #						
Set 2	Self-Mobs					1	
	Stretch #						
Set 3	Self-Mobs						
	Stretch #						
Set 4	Self-Mobs						
	Stretch #						
Set 5	Self-Mobs						
	Stretch #						
Set 6	Self-Mobs						
	Stretch #						
Set 7	Self-Mobs						
_	Stretch #						
Set 8	Self-Mobs						
	Stretch #						
Set 9	Self-Mobs						
	Stretch #						
Set 10	Self-Mobs						
• • • •	Stretch #						
Set 11	Self-Mobs						
	Stretch #						
Set 12	Self-Mobs						
	Stretch #						
Set 13	Self-Mobs						

#### Log Form B: Basic Closed-Chain

DAY/DATE	Days since last day you ran:
PHASE 3, Part#	Days in this Phase
AFFECTED SIDE and REGION(S)	

Basic Closed-Chain	(	C#1	C	C#2		CC#3		CC#4	
Exercise	Squa	re Hops	Side Step-Down		One-Le	One-Leg Armswings,		One-Leg Armswings,	
					В	arefoot	1	Pillow	
Target Time	2	0 sec	20	) sec		15 sec	:	30 sec	
Rest Between Sets	10 sec			0		0		0	
Set Times	Left	Right	Left	Right	Left	Right	Left	Right	
1									
2									
3									
4									
5									
Total									
Avg Set Time									
L/R Difference									
Symmetry Goal	1	sec	1	sec		1 sec		2 sec	
Max Pain (0-10)	L:	R:	L:	R:	L:	R:	L:	R:	
NOTES:		·							

DAY/DATE Days since last day you ran: Days in this Phase:

Basic Closed-Chain		CC#5	0	C#6		CC#7		CC#8
Exercise	Barefo	ot Push-Up	Quio	k Steps	Weigh	ted Kickback	Box S	tep Up and
								Over
Target Time	1	.5 sec	2	0 sec		60 sec	(	60 sec
Rest Between Sets		0	1	0 sec		0		0
Set Times	Left	Right	Both	Legs <sup>(A)</sup>	Left	Left Right		Right
1								
2								
3								
4								
5								
Total								
Avg Set Time								
L/R Difference						·		
Symmetry Goal		1 sec				3 sec		3 sec
Max Pain (0-10)	L:	R:	L:	R:	L:	R:	L:	R:
NOTES:								

<sup>(A)</sup> See Instructions line 9: *Special Instructions for Quick Steps* 

#### Log Form R: Regional Closed-Chain

DAY/DATE:				Days sir	nce <i>last da</i>	y you ran:		
PHASE (3 or 4):				-	this Phase			
Injury Region(s) and	Side:			1 .				
			1					
Regional Closed-		CC#	C	C#	(	CC#	C	C#
Chain Exercise								
(number and name)					-			
Symmetry Target								
Rest Between Sets								
Final Target								
Build pace as:				-		1		
Set Times	Left	Right	Left	Right	Left	Right	Left	Right
1								
2								
3								
4								
5								
Total								
Avg Set Time								
L/R Difference								
Symmetry Goal		sec		sec		sec		sec
Max Pain (0-10)	L:	R:	L:	R:	L:	R:	L:	R:
NOTES:								
FOOTNOTES:								
FOOTNOTES:								
			Days sinc	e last day y	ou ran:	Day	rs in this Pha	ase:
DAY/DATE:				e last day y			rs in this Pha	
DAY/DATE: Regional Closed-		CC#		e last day y <b>C#</b>		Day	-	ase:
DAY/DATE: Regional Closed- Chain Exercise		CC#					-	
DAY/DATE: Regional Closed-		CC#					-	
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target		CC#					-	
DAY/DATE: Regional Closed- Chain Exercise (number and name)		CC#					-	
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target		CC#					-	
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as:			C	C#		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target	Left	CC#					-	
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1			C	C#		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1 2			C	C#		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1			C	C#		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1 2			C	C#		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1 2 3			C	C#		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1 2 3 4			C	C#		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1 2 3 4 5			C	C#		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1 2 3 4 5 Total			C	C#		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1 2 3 4 5 Total Avg Set Time			C	C#		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1 2 3 4 5 Total Avg Set Time L/R Difference		Right	C	C# Right		CC#		C#
DAY/DATE: Regional Closed- Chain Exercise (number and name) Symmetry Target Rest Between Sets Final Target Build pace as: Set Times 1 2 3 4 5 Total Avg Set Time L/R Difference Symmetry Goal	Left	Right	Left	C# Right	Left	CC#	Left	C# Right

#### Log Form S: Base Schedule Level 0 (Groups 1B, 2A and 2B Only)

Starting Day/	Date				Dave sin	co last day		n (on starting	dav):
Target Days p					Clearan		yourd		, uay).
Target Days p		Activity		Туре	cicular	Repetitio	ons	Duration	Total Time
Warmup		Fitness walk		1960		nepetrio		Durution	10 min
Base Schedule	2	Fitness walk							50 min
Cooldown	-	Fitness walk						5 min	
	Treffess work								0.1111
	C	Day/Date	C	Day/Date	Dav	/Date	D	ay/Date	Day/Date
Week 1	_	/		/		/		/	/
Pain									
(0-10)									
Notes:									
Week 2		/		1		/		1	/
Pain		/		/		/		1	/
(0-10)									
Notes:									
Notes.									
Week 3		/		/		/		/	/
Pain									
(0-10)									
Notes:									
Week 4		/		/		/		/	/
Pain									
(0-10)									
Notes:		ľ							

Starting Day/Dat	te:		Days since <i>last day you ran</i> (on starting day):				
Target Days per	week (3, 4, 5)		Clearance date:				
	Activity Type			Repetitions	Duration	Total Time	
Warmup	Fitness Walk					10 min	
	Walk/glide sets	Glide 1min/	walk 4 min	10			
Base Schedule		Drill #1		2	15 sec		
(Table 15-4A)		Drill #2		2	15 sec		
	10 Glide Drills:	Drill #3		2	15 sec	50 min	
		Drill #4		2	15 sec		
		Drill #5		2	15 sec		
Cooldown	Fitness Walk					5 min	

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)	/	1	/	/	/
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	1	1	1	1	1
Pain (0-10)	1	1	1	1	/
Drills/Form					
Notes:					

Starting Day/Dat	te:		Days since <i>last day you ran</i> (on starting day):			
Target Days per week (3, 4, 5)			Clearance date:			
	Activity	Туре		Repetitions	Duration	Total Time
Warmup	Fitness Walk					10 min
	Walk/glide sets	Glide 2 min/	walk 3 min	10		
Base Schedule		Drill #1		3	15 sec	
(Table 15-4B)		Drill #2		3	15 sec	
	15 Glide Drills:	Drill #3	Drill #3		15 sec	50 min
		Drill #4		3	15 sec	
		Drill #5		3	15 sec	
Cooldown	Fitness Walk					5 min

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
	1	1	,	,	1
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	1	1	1	1	/
Pain (0-10)	/	/	/	/	/
Drills/Form					
Notes:					
NULES.					

Starting Day/Dat	te:		Days since <i>last day you ran</i> (on starting day):			
Target Days per	Target Days per week (3, 4, 5)			late:		
	Activity	Туре		Repetitions	Duration	Total Time
Warmup	Fitness Walk					10 min
	Walk/glide sets	Glide 3 min	/walk 2 min	10		
Base Schedule		Drill #1		3	15 sec	
(Table 15-4C)		Drill #2		3	15 sec	
	15 Glide Drills:	Drill #3		3	15 sec	50 min
		Drill #4		3	15 sec	
		Drill #5		3	15 sec	
Cooldown	Fitness Walk					5 min

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)	,	,	,	,	,
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)	/	1	/	/	/
Drills/Form					
Notes:					

Starting Day/Dat	te:		Days since <i>last day you ran</i> (on starting day):			
Target Days per	get Days per week (3, 4, 5) Clearance date:					
	Activity	Туре		Repetitions	Duration	Total Time
Warmup	Fitness Walk					10 min
	Walk/glide sets	Glide 4 min/	walk 1 min	10		
Base Schedule		Drill #1		3	15 sec	1
(Table 15-4D)		Drill #2		3	15 sec	50 min
	15 Glide Drills:	Drill #3		3	15 sec	
		Drill #4		3	15 sec	
		Drill #5		3	15 sec	1
Cooldown	Fitness Walk					5 min

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)	/	1	/	/	/
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	1	1	1	1	1
Pain (0-10)	1	1	1	1	/
Drills/Form					
Notes:					

Starting Day/Dat	te:		Days since <i>last day you ran</i> (on starting day):			
Target Days per	week (3, 4, 5)		Clearance da	te:		
	Activity	Туре		Repetitions	Duration	Total Time
Warmup	Fitness Walk					10 min
	Glides	50-minute gl	ides			
Base Schedule	15 Glide Drills:	Drill #1		3	15 sec ea	
(Table 15-4E)		Drill #2		3	15 sec ea	
		Drill #3		3	15 sec ea	50 min
		Drill #4		3	15 sec ea	
		Drill #5		3	15 sec ea	
Cooldown	Fitness Walk					5 min

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					

Starting Day/Dat	Starting Day/Date:			Days since <i>last day you ran</i> (on starting day):			
Target Days per	Target Days per week (3, 4, 5)			Clearance date:			
	Activity	Туре	Reps	A. Fitness	B. Racers	Total Time	
				Runners			
Warmup	Fitness Walk					10 min	
	Glides	50-min. glides					
Base Schedule		Drill #1	3		Build to		
(Table 16-2)	9 Acceleration	Drill #2	3	30 sec each	90 sec each		
	Drills:	Drill #3	3	-		50 min	
Cooldown	Fitness Walk					5 min	
Mental Focus							
Statement:							

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
	,	,	,	,	,
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
		,	,	,	,
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					

Starting Day/Da	te:		Days si	ince <i>last day yo</i>	<i>u ran</i> (on startir	ng day):	
Target Days per	week (3, 4, 5)		Clearance date:				
	Activity	Туре	Reps	A. Fitness Runners	B. Racers	Total Time	
Warmup	Fitness Walk					10 min	
	Glides	50-min. glides					
Base Schedule ( <i>Table 16-3</i> )	6 Hill Drills:	Uphill Drill	3	90 sec each	Build to 4.5 min each	50 min	
		Downhill Drill	3	90 sec each	Build to 4.5 min each		
Cooldown	Fitness Walk					5 min	
Mental Focus Statement:							

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					

Starting Day/D	Days since last day you ran (on starting day):								
Target Days per week (3, 4, 5)				Clearance date:					
	Activity	Туре	Reps	A. Fitn	ess	B. Racers	Total Time		
				Runner	rs				
Warmup	Fitness Walk						10 min		
	Glides	50-min. glides							
Base Schedule		Drill #1	3	15 sec	each	Build to			
(Table 17-1)	12 Plyometric	Drill #2	3			45 sec each			
	Drills:	Drill #3	3				50 min		
		Drill #4	3						
	10 Glide Drills	5 glide drills	2 each	15 sec	each	15 sec each			
Cooldown	Fitness Walk						5 min		
Mental Focus									
Statement:									
	Day/Date	Day/Date	Day/Da	ate Day/		Day/Date	Day/Date		
Week 1	/	/	/			/	/		
Pain (0-10)									
Drills/Form									
Notes:									
Week 2	/	/	/	/		/	/		
Pain (0-10)									
Drills/Form									
Notes:									
Week 3	/	/	/		/		/		
Pain (0-10)									
Drills/Form									
Notes:									
Week 4	/	/	/		/		/		
Pain (0-10)									
Drills/Form									
Notes:									