

Parks and Recreation Return To Play

General Fitness Exercise Progression

Name of Athlete: _____

Date symptom-free: _____

	EXERCISE	DATE	COMPLETED/COMMENTS	
Day 1	Walking at medium pace (2.5 mph) or riding a stationary bike for 20-30 minutes.		YES NO	<i>Coach/Parent Initials:</i>
Day 2	Walking at medium pace, jogging (light pace), or use of elliptical machine or stationary bike with very light or no resistance for 20-30 minutes. Sit-ups x 25; push-ups x 10; lunge walks x 20		YES NO	<i>Coach/Parent Initials:</i>
Day 3	Walking at brisk pace, jogging (medium pace), or use of an elliptical machine OR stationary bike with mild resistance for 30 minutes. Sit-ups x 30; push-ups x 10; lunge walks x 30		YES NO	<i>Coach/Parent Initials:</i>
Day 4	Walking at fast pace (incline optional), jogging (medium pace, incline/hills optional), or use of an elliptical machine or stationary bike with moderate resistance for 30 minutes. Sit-ups x 40; push-ups x 15; lunge walks x 20		YES NO	<i>Coach/Parent Initials:</i>
	<i>Must Have doctors clearance note turned into parks and recreation supervisor to go onto day 5.</i>		YES NO	<i>Supervisor's initials</i>
Day 5	Walking at fast pace (add incline), jogging (medium to fast pace, add incline/hills), or use of an elliptical machine or stationary bike with moderate resistance for 30-45 minutes. Light weightlifting acceptable (high repetitions using light weights).		YES NO	<i>Coach/Parent Initials:</i>
Day 6	Return to full activity once all paperwork (doctor's note/return to play form) turned into Parks and Recreation supervisor.		YES NO	<i>Coach/Parent Initials:</i>