## Patient

|  |  |  |
| --- | --- | --- |
| Personnummer | Namn | Telefon |
|       |       |       |

## Patientens egen målsättning

|  |
| --- |
|  |
|       |

## Ordination av fysisk träning/aktivitet i samråd med patient

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| [ ]  Kondition | [ ]  Rörlighet | [ ]  Styrka | [ ]  Balans | [ ]  Övrigt |

## Aktivitet 1

|  |
| --- |
| **Dosering** (antal minuter gånger/vecka |
|       |

## Ordination av fysisk träning/aktivitet i samråd med patient

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| [ ]  Kondition | [ ]  Rörlighet | [ ]  Styrka | [ ]  Balans | [ ]  Övrigt |

## Aktivitet 2

|  |
| --- |
| **Dosering** (antal minuter gånger/vecka |
|       |

## Ordination av fysisk träning/aktivitet i samråd med patient

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| [ ]  Kondition | [ ]  Rörlighet | [ ]  Styrka | [ ]  Balans | [ ]  Övrigt |

## Aktivitet 3

|  |
| --- |
| **Dosering** (antal minuter gånger/vecka |
|       |

## Uppföljning

|  |  |  |  |
| --- | --- | --- | --- |
| Uppföljning kommer att ske via | [ ]  Telefon | [ ]  Återbesök | [ ]  Datum       |

## Receptutfärdarens sjukvårdsinrättning, telefonnummer, klinik, namnförtydligande, yrke

|  |  |
| --- | --- |
| Sjukvårdsinrättning, klinik | Telefonnummer |
|       |       |

|  |
| --- |
| Underskrift |
| Datum | Namnförtydligande | Yrke |
|       |       |       |
| Receptutfärdarens namnteckning |
|  |

## Dagbok – markera aktivitet

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Månad      | 1      | 2      | 3      | 4      | 5      | 6      | 7      |
| 8      | 9      | 10      | 11      | 12      | 13      | 14      | 15      |
| 16      | 17      | 18      | 19      | 20      | 21      | 22      | 23      |
| 24      | 25      | 26      | 27      | 28      | 29      | 30      | 31      |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Månad      | 1      | 2      | 3      | 4      | 5      | 6      | 7      |
| 8      | 9      | 10      | 11      | 12      | 13      | 14      | 15      |
| 16      | 17      | 18      | 19      | 20      | 21      | 22      | 23      |
| 24      | 25      | 26      | 27      | 28      | 29      | 30      | 31      |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Månad      | 1      | 2      | 3      | 4      | 5      | 6      | 7      |
| 8      | 9      | 10      | 11      | 12      | 13      | 14      | 15      |
| 16      | 17      | 18      | 19      | 20      | 21      | 22      | 23      |
| 24      | 25      | 26      | 27      | 28      | 29      | 30      | 31      |