

Weekly Home Exercise Monitoring Chart

Use this table to track the completion of home reflex integration activities. Write the name of the activity in the left column and tick or color the boxes on the days you complete it.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Tips:

- Keep this chart somewhere visible (e.g., fridge, bedroom wall).
- Make it fun by using stickers, stamps, or colored markers.
- Celebrate small wins and progress each week!