



SDES

Mobility B - Exercise

Student: Ryan

Date	Start Time	End Time	Total Time	Position	Notes
10/12	9:45	10:15	30 min	Bike Riding	
				Walker	
	12:50	1:10	20 min	Exercise Machine	Seemed tired today
				PE Turtles	
				Swimming	

Date	Start Time	End Time	Total Time	Position	Notes
10/13				Bike Riding	
	9:40	10:15	35 min	Walker	Walked all the way to the gym!
				Exercise Machine	
	12:55	1:20	25 min	PE Turtles	
				Swimming	

Date	Start Time	End Time	Total Time	Position	Notes
10/14				Bike Riding	
				Walker	
				Exercise Machine	
				PE Turtles	
	9:45	11:00	1 hr 15 min	Swimming	Swimming wiped him out for the rest of the day