

# DEVELOPMENTAL EXERCISE CHART

Pediatric Care Template

Child Name: \_\_\_\_\_

Date: \_\_\_\_\_

Provider: \_\_\_\_\_

Age: \_\_\_\_\_

EXERCISE / ACTIVITY	INSTRUCTIONS	GOAL	M T W T F S S
<b>Tummy Time</b>	Place child on chest or firm surface. Encourage head lifting using toys.	5 min x3	
<b>Reach &amp; Grasp</b>	Dangle colorful objects 8-10 inches from face. Encourage crossing midline.	10 reps	
<b>Tracking</b>	Move a high-contrast object slowly in a semi-circle for visual follow.	2 min	
<b>Assisted Roll</b>	Gently guide hips to encourage rolling from back to side.	5 reps ea	

Additional Therapist Notes / Precautions:

This document is a general guide. Please consult your pediatrician before beginning new physical activities.