



Santa Barbara
Family Chiropractic

HOME CARE HABIT TRACKER

NAME: _____

DATE: _____

POSTURAL DISTORTIONS:

GOAL #	HABITS		FUNCTIONAL EXERCISES			MIRROR IMAGE EXERCISES			SPINAL ORTHOTIC	
90	H2O _____ OZS/DAY		1			1			1	
	SQUATS _____/DAY		2			2			2	
			3			3				
#	H2O	SQUATS	FXN1	FXN 2	FXN 3	MIE 1	MIE 2	MIE 3	ORTHO 1	ORTHO 2
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You create your habits and then your habits create you. - Dr. Nick

CODE KEY

CDR: CERVICAL DENNEROLL

TDR: THORACIC DENNEROLL

LDR: LUMBAR DENNEROLL

TSR: THORACIC SCOLIROLL

LSR: LUMBAR SCOLIROLL

+ S: ADD STRAP

