



Petal & Paper

YOUR FREE PRINTABLE

Sports injury and recovery log



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I N J U R Y L O G

recovery tracker

Injury · Type: ____ Date: ____ Cause: ____ Severity: ____/5

Immediate treatment · RICE applied: ☐ Professional seen: ☐
Date: ____

Diagnosis · ____ Imaging: ☐ Expected recovery: ____ weeks

Week 1 · Pain: ____/5 Treatment: ____ Training modified: ☐

Week 2 · Pain: ____/5 Walking normally: ☐ Return plan set: ☐

Return to training · Date: ____ Week 1 load: ____% Pain: ____/5

Cleared · By: ____ Date: ____ Prevention plan: ____

R E T U R N T O T R A I N I N G B E F O R E Y O U ' R E
R E A D Y C O S T S Y O U T W I C E A S L O N G ·
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