**Daily Home Practice**

Date:

Day no:

**Reflect on your goals-** Homework tasks should be practiced over 30 minutes each day. Aim to use your weaker arm for 2 – 10 tasks everyday (review tasks with your therapist). Half of your chosen tasks should be ‘more challenging’ and half should be ‘easier’. Choose shorter tasks e.g. opening a door with a handle rather than longer tasks e.g. completing a puzzle. Spend an equal amount of time on each task set, even if some don’t get completed in the given time. Record your practice on the table below.

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| **Homework Record** (please wear mitt for a minimum of 30 minutes each day, while completing chosen tasks involving your arm and hand) | | |
| **Task** | **Time spent doing task** | **No. of reps achieved** |
| *e.g. held the remote and changed the channels* | *e.g. 5 minutes* | *e.g. picked up the remote control and changed the channels 10 times* |
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