Return to Learn Program

Jse this checklist to record activity levels and review with your health care	e provider.	
Name	Date of Concussion	Date Return to Learn Program Started
Do not begin Return to Learn Program until you have been symptom free	for 24 hours or so advised by your healt	h care provider
Do not begin ketum to Learn Frogram until you have been symptom free	tion 24 hours or as advised by your health	r care provider.
Jse the appropriate score to rate level of difficulty to complete tasks:		
D=no difficulty 1=minimal difficulty 2=moderate difficulty 3=severe	difficulty Activity Length=time in minu	tes

Cognitive Activity	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Activity Length	Difficulty Level												
Reading														
Watching TV														
Cell phone use														
Texting														
Video games														
Chores														
Homework														
Attend school														
Schoolwork														

Additional comments:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

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