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PHYSICAL/OCCUPATIONAL THERAPY Pilot Study Time Log

Participant name: _____

Date: _____

Course title: Effective Home Exercise Program Design for Senior Patients: Strengthening and Endurance Programs

Participant instructions:

The purpose of this pilot study is to establish the typical time it takes a learner to complete this course. Keeping an accurate account of your time is critical. *You are not expected to complete this activity in one session.*

Keep track of your time for each element separately.

Each time you begin to work on the study:

- go to the appropriate element
- log in the date and your start time
- log in an end time each time you stop work, even if it is only for a short break
- when you return to work, begin a new line with a new start time
- *you may have several time entries for the same date*

I. Reading Time - Course

Date	Start time	End time	Number of minutes

II. Reading Time – Appendices

Date	Start time	End time	Number of minutes

III. Final Exam

Date	Start time	End time	Number of minutes

This log is due to PDH Academy no later than August 30, 2019.