

Dr. Phil's Stroke Survivor Bootcamp

Daily Huddle

THE DAILY REHAB HUDDLE (Caregiver + Survivor)

A) Today

1. Mobility goal:

2. Self-care goal:

3. Communication/cognition/arm goal:

B) Today

- PT time:

- OT time:

- Speech time:

- Rest windows (protect these): _____

C) Non-negotiable

- Meals out of bed if allowed: Breakfast / Lunch / Dinner
- Minutes upright target:

- Walking practice opportunities outside therapy (only if approved): _____

D) Rep Tracker (pick ONE)

- Steps or hallway trips:

- Sit-to-stands:

- Minutes standing:

- Distance walked:

E) The 5 Advocacy Questions (ask at least ONE per day)

1. “
2. “
3. “
4. “
5. “

F) End-of-day recap (2 minutes)

- Wins today:

- What felt hard:

- Question for tomorrow:
