

RECREATIONAL THERAPY PROGRESS NOTE

Participant: [REDACTED]
Date: [REDACTED]
Time Start: [REDACTED]
Time Finish: [REDACTED]
Total Time: 2 HOURS



TELEHEALTH
IN-PERSON

This X moves
too.

Goals
numbered here,
X in the boxes
are able to be
made black or
white so you
can notate the
actual goals
worked toward
today without
having to
retype the
goals each
time.

TARGET GOAL(S):

- ☒ 1. [REDACTED] will increase cognitive skills.
- ☐ 2. [REDACTED] will engage in therapeutic exercise.
- ☒ 3. [REDACTED] will increase money management skills.
- ☒ 4. [REDACTED] will increase his fine motor skills.
- ☒ 5. [REDACTED] will make healthy choices in food and drinks.

ACTIVITIES PERFORMED:

- **Pre-Session Conditions:** [REDACTED] reported his excitement about resuming services, and that he was upset at their pausing.
- **Affect:** [REDACTED] displayed a positive affect throughout the session with smiling through discussion and game play. [REDACTED] was quiet while eating, focusing on his food.
- Walking the neighborhood was deemed not viable due to rain.
- Therapist picked [REDACTED] up at his house, and he chose *Black Rock Coffee Bar* for breakfast and to play games.
- During the drive, therapist and [REDACTED] discussed how much money he has to spend and what his spending budget would be.
- During the drive, therapist reviewed the concepts of 'healthy side dishes', 'healthy cooking styles', and 'healthy protein choices'. [REDACTED] was able to name them correctly 90% with no assistance from therapist and 100% after 1 prompt from therapist.
- At *Black Rock Coffee Bar*, [REDACTED] went straight to the counter and ordered. He purchased his items himself with his card and stayed in budget. Therapist advised healthier options but [REDACTED] declined for preference, but did get one thing sugar free in his drink.
- [REDACTED] ate his food, opening sauces and wrappers slowly but without spilling.
- [REDACTED] and therapist played Uno, focusing on fine motor skills, mathematics, strategy, and decision-making skills. He did his own math, calculating points on his calculator with 30% assistance from therapist. [REDACTED] added small numbers in his head successfully 60% without assistance from CTRS.
- On the way home, therapist and [REDACTED] discussed walking again next Tuesday weather and health permitting.

Pre-Session
Conditions and
Affect were
added but are
not mandatory
for reporting.
Preference
only.

Activities.
Exactly what
you did in the
session.

SESSION OUTCOME; PROGRESS/LACK OF PROGRESS TOWARDS GOAL:

- 1. [REDACTED] used his calculator to add points together with 30% assistance from CTRS. [REDACTED] added small numbers in his head successfully 60% without assistance from CTRS.
- 2. N/A
- 3. [REDACTED] stayed within budget.
- 4. [REDACTED] used his card on the card reader. [REDACTED] opened sauces and wrappers slowly without spilling. [REDACTED] handled UNO cards, dealing them and playing them and picking them up off of the table.
- 5. [REDACTED] remembered the healthy food tips 100% with 1 reminder from CTRS. [REDACTED] chose a sugar free syrup for his drink.

What was or
was not
accomplished
toward the
goal. Number
1= Goal 1
above. Number
2= Goal 2. Etc.

THERAPIST SIGNATURE/TITLE:

CTRS [REDACTED]

Signature,
CTRS, Date