contender's Treatment Modality Tracker						
Medication	Single Dosage	Times Daily		Type of Therapy	Minutes per Day	Days per Week
PRESCRIPTION				PHYSICAL		
				Physio Session		
				Stretching		
				Stabilizing		
				Strengthening		
				Endurance		
				Walking		
				Aerobics		
				Yoga		
				Reflex Integrate		
SUPPLEMENTS				HYDRO		
Probiotics				Walking		
Magnesuim				Laps		
Omega 3				Water Aerobics		
				HEAT		
				Hot Pad		
VITAMINS				MENTAL		
B Complex				Therapy Session		
C				Mindfulness		
D				Meditation		
				Journaling		
				Self Care		