

Trail Map Instructions

Trail Map Tracking

Work with your OT/PT to set personal goals for the month and keep track of them.

1 SET YOUR GOALS

Here are some ideas...

- Walk 50 steps every day
- Use a VR app daily
- Walk Route A every day
- Bike for 15 minutes

1. Walk Route A and C every day
2. Walk 75 steps every day
3. Use a VR app daily
4. All physical exercises on MedBridge
5. Daily stretches

Keep track of what goals you complete each day using the chart below

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| GOAL | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | X | X | | X | X | X | | X | X | | | | | | | | | | | | | | | | | | | | | | |
| 2 | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | |
| 3 | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | |
| 4 | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | |
| 5 | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | |

1. OT/PT works with patient to decide on goals and record them. These can be things like daily number of steps to walk, exercises to do, walking routes, activities, etc.

3. Patients can keep track of what goals they complete on their personal sheet.

Trail Map Tracking

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TRAIL MAP

- Work with your OT/PT to set personal daily goals
- Decide how many activities equal 1 and 2 increments on the map
- Keep track of what goals you complete each day using the personal sheet
- Color in the spaces above to keep track of your long term progress for you goals

1 increment on trail map = _____

2 increments on trail map = _____

2. If patient wants to use the trail map, OT/PT work with patient to decide on a scale for what 1 increment on the map is equal to in relation to patient goals.

4. Based on the scale decided with OT/PT for their personal tracking, the patient can move along the trail map if they meet their goals.

**The Routes + QR codes and VR activity can be used with the trail map. For example, patients could set one of their goals to be walking Route A & B each day.*

Reach out to your OT/PT to get a personal tracking sheet and trail map

Work with your OT/PT to set personal goals for the month and keep track of them.

SET YOUR GOALS

Here are some ideas...

- Walk 50 steps every day
- Use a VR app daily
- Walk Route A every day
- Bike for 15 minutes

3. _____

4. _____

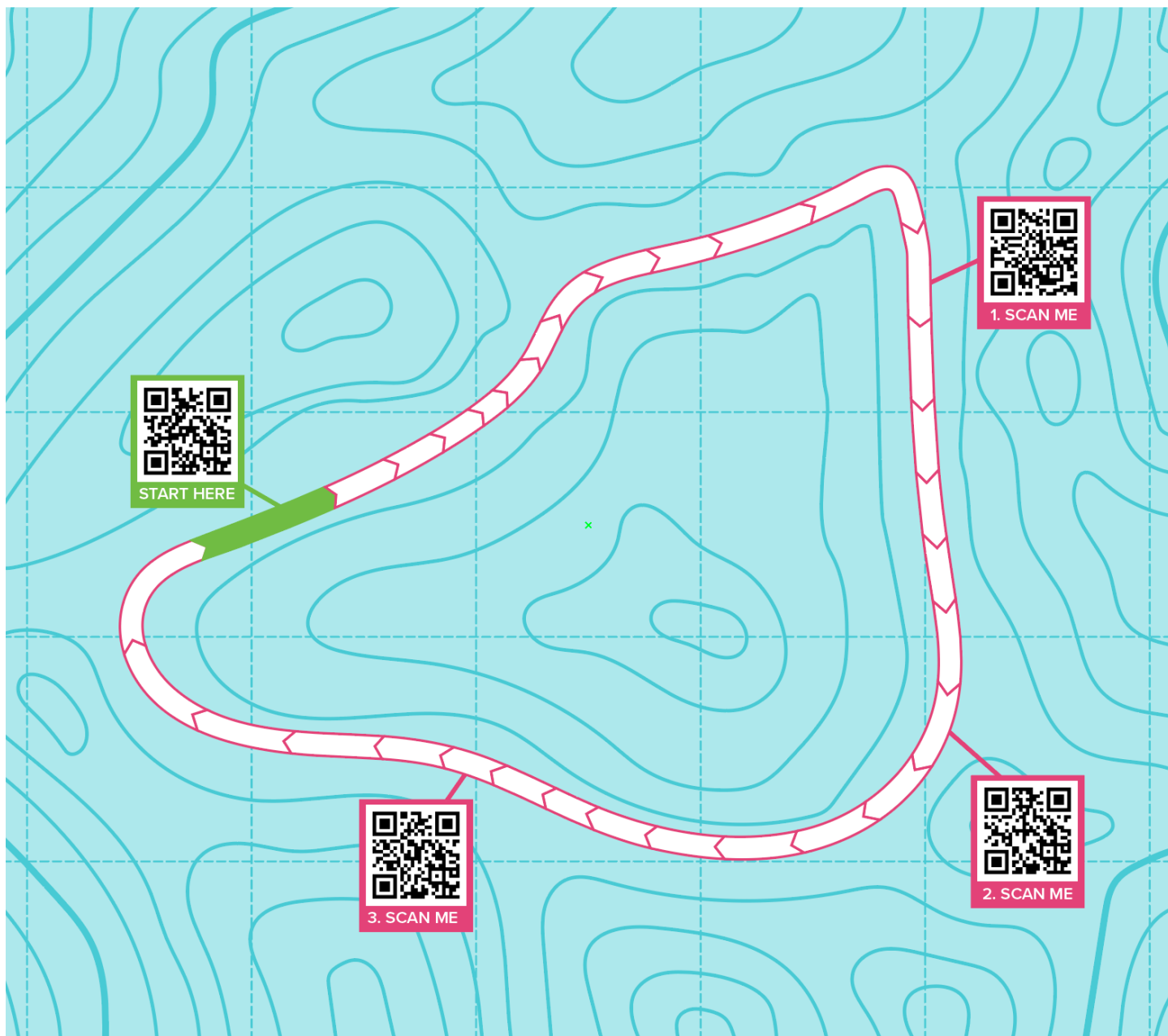
Keep track of what goals you complete each day using the chart below

DAY

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

GOAL

- 1
- 2
- 3
- 4
- 5



TRAIL MAP

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1 increment on trail map =

2 increments on trail map =

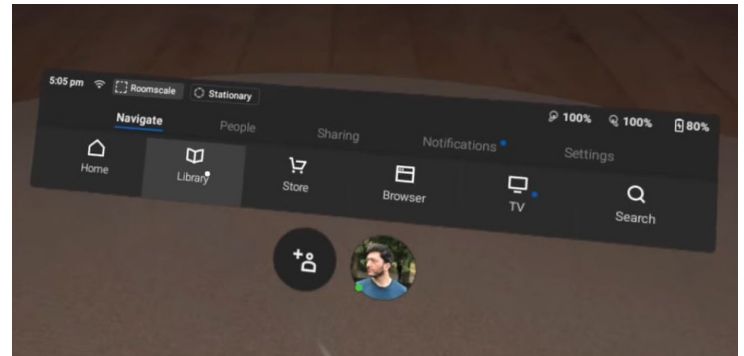


INSTRUCTIONS

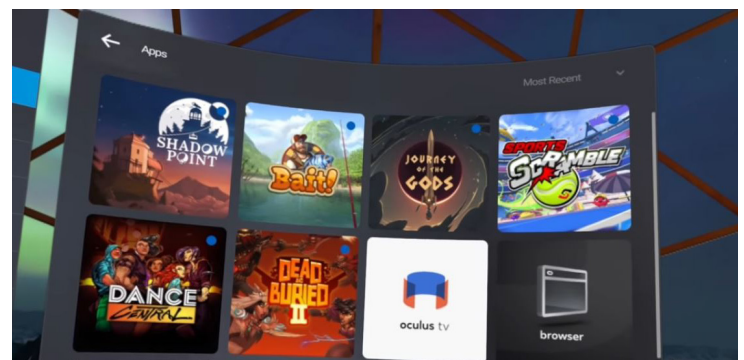
- Find one of the colored routes to walk
- Follow the place markers to help navigate you. Ex. A1 > A2 > A3 > A4
- Scan QR code at each marker to interact with the route
- Keep track of your progress on the personal sheet

1. Navigate to the app library on the Oculus menu.

(Point and click the trigger button on one of the controllers to select items.)

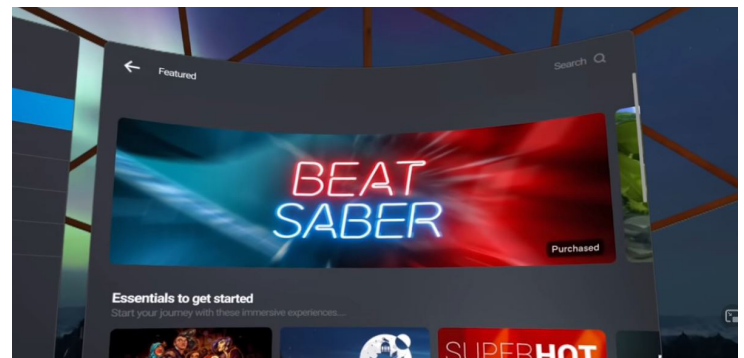


2. Scroll or search the app menu for “Beat Saber” or “FitXR”

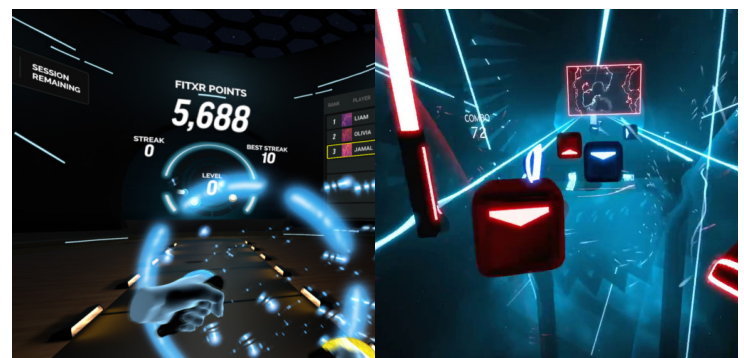


3. Click the desired app to launch

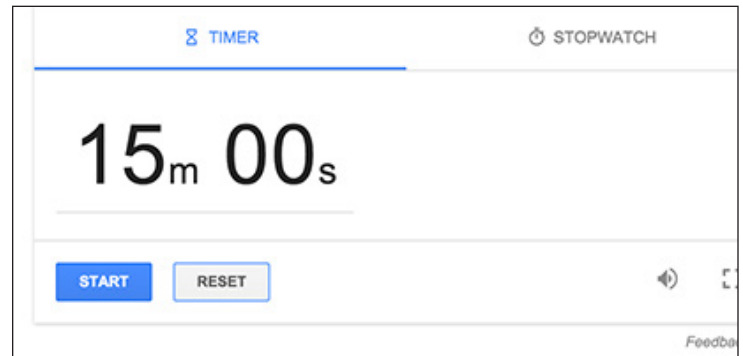
3.a Tell your healthcare supervisor you are starting the app and they will record your time.



4. Listen to and navigate “In-app” Instructions. Enjoy app for desired time.

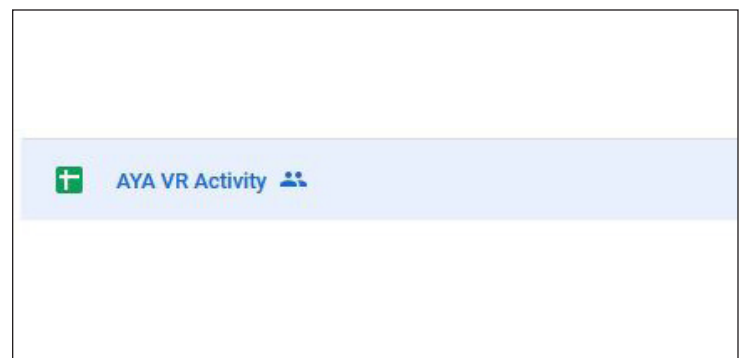


1. Once your patient is ready to start their VR activity session, Record the time they start and end the activity.



6. Navigate to the AYA VR Activity Sheet on Google sheets

https://docs.google.com/spreadsheets/d/1_atR5D-73jRfK0w9FvGtKUNqmWEnmGGH8tYRbWnAYb-mA/edit?usp=sharing



7. Navigate to a New or existing patient tab

| | | | |
|--|------------------------------|---------------------|--|
| | | | |
| 10/22/2020 | Duration: kCal: Notes: | Duration: Notes: | |
| 10/23/2020 | Duration: kCal: Notes: | Duration: Notes: | |
| 10/24/2020 | Duration: kCal: Notes: | Duration: Notes: | |
| 10/25/2020 | Duration: kCal: Notes: | Duration: Notes: | |
| <div> <div>+</div> <div> <div>1 Patient Template</div> <div>Patient #1</div> <div>Patient #2</div> <div>Patient #3</div> </div> </div> | | | |

8. Record duration of specific app and multiple by the kCals per minute on the vr health institute data links at the top of the page.

| | | | | |
|------------|------------------------------|---|---|--------------|
| | | FIT XR | BEAT SABER | (Insert App) |
| | | https://play.google.com/store/apps/details?id=com.vrhealth.fitness | https://vrhealth.institute/portfolio/fitness | |
| | | 9.24 Kcal/min | 11.44 Kcal/min | |
| 10/20/2020 | Duration: kCal: Notes: | | Duration: Notes: | |
| 10/21/2020 | Duration: kCal: Notes: | | Duration: Notes: | |
| 10/22/2020 | Duration: kCal: Notes: | | Duration: Notes: | |