

Balance Exercises

Progress Tracker:

Week 1:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Reaching forwards in sitting	Set:							
	Rep:							
Side reaching in sitting	Set:							
	Rep:							
Torso twists in sitting	Set:							
	Rep:							
Marching in sitting	Set:							
	Rep:							
Initiating a sit to stand	Set:							
	Rep:							
Staggered sit to stand	Set:							
	Rep:							
Tandem walking	Set:							
	Rep:							
Heel-toe walking	Set:							
	Rep:							
Three-way hip strengthening	Set:							
	Rep:							
Windmill	Set:							
	Rep:							

Balance Exercises

Progress Tracker:

Week 2:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Reaching forwards in sitting	Set:							
	Rep:							
Side reaching in sitting	Set:							
	Rep:							
Torso twists in sitting	Set:							
	Rep:							
Marching in sitting	Set:							
	Rep:							
Initiating a sit to stand	Set:							
	Rep:							
Staggered sit to stand	Set:							
	Rep:							
Tandem walking	Set:							
	Rep:							
Heel-toe walking	Set:							
	Rep:							
Three-way hip strengthening	Set:							
	Rep:							
Windmill	Set:							
	Rep:							

Balance Exercises



Progress Tracker:

Week 3:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Reaching forwards in sitting	Set:							
	Rep:							
Side reaching in sitting	Set:							
	Rep:							
Torso twists in sitting	Set:							
	Rep:							
Marching in sitting	Set:							
	Rep:							
Initiating a sit to stand	Set:							
	Rep:							
Staggered sit to stand	Set:							
	Rep:							
Tandem walking	Set:							
	Rep:							
Heel-toe walking	Set:							
	Rep:							
Three-way hip strengthening	Set:							
	Rep:							
Windmill	Set:							
	Rep:							

Balance Exercises

Progress Tracker:

Week 4:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Reaching forwards in sitting	Set:							
	Rep:							
Side reaching in sitting	Set:							
	Rep:							
Torso twists in sitting	Set:							
	Rep:							
Marching in sitting	Set:							
	Rep:							
Initiating a sit to stand	Set:							
	Rep:							
Staggered sit to stand	Set:							
	Rep:							
Tandem walking	Set:							
	Rep:							
Heel-toe walking	Set:							
	Rep:							
Three-way hip strengthening	Set:							
	Rep:							
Windmill	Set:							
	Rep:							

Short Term Goals

With regards to your exercises, what are your goals that you wish to achieve within the next 4 to 6 weeks?

Long Term Goals

With regards to your exercises, what are your goals that you wish to achieve within the next 6 to 12+ weeks?