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| **EXERCISE JOURNAL** | | | | | | | | | | |
| **Warm-up**  Yes (Y) or No (N) |  |  |  |  |  |  |  |  |  |  |
| **Strength Exercises** |  | | | | | | | | | |
| **Front Knee**  Record as Weight/Reps |  |  |  |  |  |  |  |  |  |  |
| **Back Knee**  Record as Weight/Reps |  |  |  |  |  |  |  |  |  |  |
| **Side Hip**  Record as Weight/Reps |  |  |  |  |  |  |  |  |  |  |
| **Calf Raises**  Record as Weight/Reps Note Support: 1 Hand (1H), 2 hands (2H),  No Support (NS) |  |  |  |  |  |  |  |  |  |  |
| **Toe Raises**  Record as Weight/Reps Note Support: 1 Hand (1H), 2 hands (2H),  No Support (NS) |  |  |  |  |  |  |  |  |  |  |

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| **Balance Exercises**  Note Support: 1 Hand (1H), 2 hands (2H),  No Support (NS) |  | | | | | | | | | |
| **Knee Bends**  Record as Support/Time or Steps/Reps |  |  |  |  |  |  |  |  |  |  |
| **Backwards Walk**  Record as Support/Time or Steps/Reps |  |  |  |  |  |  |  |  |  |  |
| **Walk And Turn**  Record as Support/Time or Steps/Reps |  |  |  |  |  |  |  |  |  |  |
| **Heel Toe Stand**  Record as Support/Time or Steps/Reps |  |  |  |  |  |  |  |  |  |  |
| **Heel Toe Walk**  Record as Support/Time or Steps/Reps |  |  |  |  |  |  |  |  |  |  |
| **One Leg Stand**  Record as Support/Time or Steps/Reps |  |  |  |  |  |  |  |  |  |  |
| **Heel Walking**  Record as Support/Time or Steps/Reps |  |  |  |  |  |  |  |  |  |  |
| **Toe Walking**  Record as Support/Time or Steps/Reps |  |  |  |  |  |  |  |  |  |  |
| **Heel Toe Walk Backwards**  Record as Support/Time or Steps/Reps |  |  |  |  |  |  |  |  |  |  |
| **Sit To Stand**  Record as Support/Time or Steps/Reps |  |  |  |  |  |  |  |  |  |  |
| **Walking** |  | | | | | | | | | |
| **Stair Walking**  Record as # of Steps |  |  |  |  |  |  |  |  |  |  |
| **Walking**  Record avg. min. walked, # of times/day, and # times/week |  |  |  |  |  |  |  |  |  |  |

