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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 |  |  |  |  |  |  |  |  |  |  |

