EXERCISE JOURNAL										
Warm-up Yes (Y) or No (N)							9			
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)										

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					

