

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										

