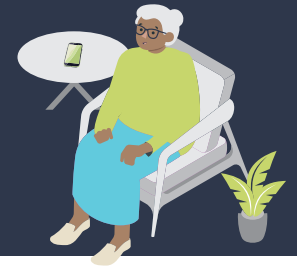


STrength And Balance for Life (STABL)— Tracking Sheets

LEVEL 1 — SIT

Use the table below to track your progress. Remember, any progress is good progress!
Check off which activities you completed or write down how many times you did each exercise.



Date	1. Slow Marching	2. Heel and toe lifts	3. Reach and row	4. Prepare to stand	5. Side step	6. Straight leg and stretch	7. Arm push

NOTES: *How did you feel during the activities? How did you feel after the activities? Did any activity feel easier?*

STrength And Balance for Life (STABL)— Tracking Sheets

LEVEL 2 — STAND

Use the table below to track your progress. Remember, any progress is good progress!
Check off which activities you completed or write down how many times you did each exercise.



<i>Date</i>	<i>1. Heel and toe lifts</i>	<i>2. Reach and row</i>	<i>3. Side step back step</i>	<i>4. Balance on one leg</i>	<i>5. Arm push</i>	<i>6. Sit to stand</i>	<i>7. Calf stretch</i>

NOTES: *How did you feel during the activities? How did you feel after the activities? Did any activity feel easier?*

STrength And Balance for Life (STABL)— Tracking Sheets

LEVEL 3 — MOVE

Use the table below to track your progress. Remember, any progress is good progress!
Check off which activities you completed or write down how many times you did each exercise.



<i>Date</i>	<i>1. Toe walking and heel walking</i>	<i>2. Reach and row</i>	<i>3. Walk in a line</i>	<i>4. Slow sitting</i>	<i>5. Arm push</i>	<i>6. Foot tapping</i>	<i>7. Half lunges</i>

NOTES: *How did you feel during the activities? How did you feel after the activities? Did any activity feel easier?*