

SENIOR BALANCE & STABILITY

Weekly Progress Tracker

Name: _____ Week Starting: _____

| Exercise | Goal | MTWTFSS |
|---|----------------|---------|
| Single Limb Stance Hold onto chair, lift one leg. | 30 Sec / Leg | |
| Tandem Walk Heel-to-toe walking in a line. | 20 Paces | |
| Sit-to-Stand Rise from chair without using hands. | 12 Reps | |
| Side Leg Raises Slowly lift leg to the side, keep back straight. | 15 Reps / Side | |
| Heel-to-Toe Raises Rock from heels to tiptoes slowly. | 10 Reps | |

Notes & Precautions:

- Always have a sturdy chair or counter nearby for support.
- Stop immediately if you feel dizzy or experience sharp pain.
- Focus on steady breathing throughout each movement.