Class Exercise Log

Participant Completes Weekly.
**For falls reporting, put an "X" if you fell; an "I" if it resulted in injury; and an "H" if you went to the hospital.*

Name/Identifier: _____

Week	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
Date												
Did You Fall This Week?*												
Posture: *Put a checkmark when completed*												
Deep Breathing												
Head Tall												
Standing Back Bend												
Chest/Shoulder Stretch												
Balance: *Put Level 1 or 2*												
Weight Shifting												
4-Step Square												
Chair Stand												
Heel Raise												
Toe Raise												
Reverse Leg Raise												
Tandem Stand												
Tandem Walk												
Waiter's Walk												
Strength: *Put number of pounds used*												
Seated Leg Lift												
Side Leg Lift												
Back Leg Lift												
Arm Curl												
Shoulder Rotation												
Shoulders Back												
Arms Forward and Back												
Stretch: *Put a check mark when completed*												
Calf												
Quadriceps												
Overhead												
Shoulder												
Neck												

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Name/Identifier: _____

Week	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**
Date												
Did You Fall This Week?*												
Posture: *Put a checkmark when completed*												
Deep Breathing												
Head Tall												
Standing Back Bend												
Chest/Shoulder Stretch												
Balance: *Put Level 1 or 2*												
Weight Shifting												
4-Step Square												
Chair Stand												
Heel Raise												
Toe Raise												
Reverse Leg Raise												
Tandem Stand												
Tandem Walk												
Waiter's Walk												
Strength: *Put number of pounds used*												
Seated Leg Lift												
Side Leg Lift												
Back Leg Lift												
Arm Curl												
Shoulder Rotation												
Shoulders Back												
Arms Forward and Back												
Stretch: *Put a check mark when completed*												
Calf												
Quadriceps												
Overhead												
Shoulder												
Neck												