

Daily Record

Week of _____

Strength/Balance

You might want to make copies of this form. Leave this one blank, so you can copy it as needed.

This form is for keeping track of the activities and exercises you do each day.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arm Raise	reps							
	lbs							
Chair Stand	# of Stands							
Bicep Curl	reps							
	lbs							
Plantar Flexion	reps							
	lbs							
Triceps Extension	reps							
	lbs							
Dip	# of Dips							
Knee Flexion	reps							
	lbs							
Hip Flexion	reps							
	lbs							
Shoulder Flexion	reps							
	lbs							
Knee Extension	reps							
	lbs							
Hip Extension	reps							
	lbs							
Side Leg Raise	reps							
	lbs							