

BALANCE EXERCISE LOG

Directions: Each balance exercise should be held a minimum of 10 seconds for at least 3 times in a row!

Week of the _____ Mon: _____ Tues: _____ Wed: _____ Thurs: _____ Fri: _____ Sat: _____ Sun: _____

Balance Reach							
Balance Marching							
Tandem Stance							
Since Leg Stance							

Week of the _____ Mon: _____ Tues: _____ Wed: _____ Thurs: _____ Fri: _____ Sat: _____ Sun: _____

Balance Reach							
Balance Marching							
Tandem Stance							
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Balance Reach							
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Balance Reach							
Balance Marching							
Tandem Stance							
Since Leg Stance							

Remember: Balance exercises should be completed at the beginning of each exercise session to reduce the chance of injury!

STRETCHING LOG

Stretching Directions: Each stretch should be held for at least 30 seconds and completed at least 2 times.

Week of the _____ Mon: _____ Tues: _____ Wed: _____ Thurs: _____ Fri: _____ Sat: _____ Sun: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Oblique Stretch							
Abdominal Stretch							
Shoulder Stretch							
Hamstring Stretch							
Thigh Stretch							
Hip Stretch							

Week of the _____ Mon: _____ Tues: _____ Wed: _____ Thurs: _____ Fri: _____ Sat: _____ Sun: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Oblique Stretch							
Abdominal Stretch							
Shoulder Stretch							
Hamstring Stretch							
Thigh Stretch							
Hip Stretch							

Week of the _____ Mon: _____ Tues: _____ Wed: _____ Thurs: _____ Fri: _____ Sat: _____ Sun: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Oblique Stretch							
Abdominal Stretch							
Shoulder Stretch							
Hamstring Stretch							
Thigh Stretch							
Hip Stretch							

Remember: Stretching should be done after every exercise session! Stretch only to slight discomfort not pain!