

Balance & Strength Tracker

Use this tracker weekly to check in with your body. Track your balance, strength, and movement habits to stay strong, steady, and independent.

1. Balance Check (Weekly)

Stand near a counter or sturdy chair. Lift one foot and try to balance for 10 seconds. Switch legs. Try this once a week and write down how long you held each side

Side	Time Balanced	Notes (e.g., used support?)
Right Leg		
Left Leg		

2. Sit-to-Stand Test (Weekly)

Sit in a sturdy chair. Cross your arms over your chest. Stand and sit as many times as you can in 30 seconds without using your hands. Try to do this at the start of each week.

Dates	Reps in 30 seconds	Notes

3. Weekly Movement Log

Try to move your body at least 30 minutes, 5 days a week. Track what you do, how long you do it, and how it felt.

Day	What did you do?	Time Spent	Notes (energy, mood, etc.)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Notes or Goals:

Tip: Do the balance and strength tests at the beginning of each week to track progress. Even small improvements count—your future self will thank you