

ACTIVITY LOG

MONTHLY PROGRESS TEST

Take the tests, record your scores, and watch your progress.

Activity Type	Jan	Feb	Mar	Apr	May	Jun
Endurance Pick a fixed course, such as the distance from your house to the corner, and see how long it takes you to walk that far.						
Upper-Body Strength Count the number of arm curls you can do safely in 2 minutes.						
Lower-Body Strength Count the number of chair stands you can do safely in 2 minutes.						



ACTIVITY LOG

MONTHLY PROGRESS TEST (CONTINUED)

Activity Type	Jul	Aug	Sep	Oct	Nov	Dec
Endurance Pick a fixed course, such as the distance from your house to the corner, and see how long it takes you to walk that far.						
Upper-Body Strength Count the number of arm curls you can do safely in 2 minutes.						
Lower-Body Strength Count the number of chair stands you can do safely in 2 minutes.						



Activity Type	Jan	Feb	Mar	Apr	May	Jun
<p>Balance</p> <p>Time yourself as you stand on one foot, without support, for as long as possible. Repeat with the other foot.</p>						
<p>Flexibility</p> <p>Note how far you can reach toward your toes until you feel a stretch.</p>						

Activity Type	Jul	Aug	Sep	Oct	Nov	Dec
<p>Balance</p> <p>Time yourself as you stand on one foot, without support, for as long as possible. Repeat with the other foot.</p>						
<p>Flexibility</p> <p>Note how far you can reach toward your toes until you feel a stretch.</p>						

