



PURPOSE TO BALANCE IN

november



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 <i>as your ability allows</i>	1 Stand on your left foot while brushing your teeth	2 Stand on your right foot while brushing your teeth	3 Stand on your left foot while brushing your teeth	4 Stand on your right foot while brushing your teeth
5 Stand on your left foot while brushing your teeth	6 Stand on your right foot while brushing your teeth	7 Stand on your left foot while brushing your teeth	8 Stand on your right foot while brushing your teeth	9 Stand on your left foot while brushing your teeth	10 Stand on your right foot while brushing your teeth	11 Stand on your left foot while brushing your teeth
12 Walk in a straight line heel to toe	13 Walk in a straight line heel to toe	14 Walk in a straight line heel to toe	15 Walk in a straight line heel to toe	16 Walk in a straight line heel to toe	17 Walk in a straight line heel to toe	18 Walk in a straight line heel to toe
19 Repeat Week 1 or Week 3, or both	20 Repeat Week 1 or Week 3, or both	21 Repeat Week 1 or Week 3, or both	22 Repeat Week 1 or Week 3, or both	23 Repeat Week 1 or Week 3, or both	24 Repeat Week 1 or Week 3, or both	25 Repeat Week 1 or Week 3, or both
26 Repeat Week 1 or Week 3, or both	27 Repeat Week 1 or Week 3, or both	28 Repeat Week 1 or Week 3, or both	29 Repeat Week 1 or Week 3, or both	30 Assesment. Have your balance improved? Continue as needed	1 <i>SUSANHARRIS.CA</i>	2