

Beginner Exercise Recording Sheet (Full Week)

	1	2	3	4	5	6
	Reps/Time	Reps/Time	Reps/Time	Reps/Time	Reps/Time	Reps/Time
Seated Toe and Heel Raises						
Seated Marching						
Grip Squeeze						
Shoulder Shrugs						
Shoulder Blade Squeeze						
Seated Posture Hold						
Reaching Forwards						
Seated Twist						