

## Weekly Review Recording Sheet

Date: \_\_\_\_\_

**Celebrating Progress:** (Which exercises am I getting better at? How did they feel overall this week? Did I notice better balance in any daily activities?)

**Safety Check:** (Any new aches or pains that concern me? Am I staying in that 4-5 effort zone, or pushing too hard?)

**Problem-Solving:** (Did anything get in the way of exercising this week? How can I plan around it next week? Am I avoiding any exercises? Did the time-of-day work for me?)

**Looking Forward:** (How's my schedule for next week? Am I ready to progress any exercises?)

**One success from this week:**

**One challenge from this week:**