

Home recording sheet

Soldier walks

Date	Time spent	Comments

Summary of goals

Tick the box when these goals for soldier walks are achieved

Mark the box which shows goals for soldier walk are achieved		
Goal 1	Walk smoothly, moving the arm & leg on the same side at the same time. (Russian soldier walk)	<input type="checkbox"/>
Goal 2	Walk smoothly, moving the arm & leg on the opposite side at the same time. (British soldier walk)	<input type="checkbox"/>
Goal 3	Walk smoothly, in either pattern, in time to a beat set at 1.0sec	<input type="checkbox"/>
Goal 4	Walk in time to a beat, changing from same to not-same every 4 th step	<input type="checkbox"/>
Goal 5	Walk in time to a beat changing from same to not-same on command	<input type="checkbox"/>
Goal 6	Walk in time to a beat changing from same to not-same on command while pointing ahead before changing pattern	<input type="checkbox"/>
Goal 7	Walk in time with the beat, pivoting smoothly, then continuing to walk in the opposite direction	<input type="checkbox"/>