

2.4 Balance and Coordination Tracking Sheet

My Balance & Coordination Practice Log

Weekly Activity Selection

- My static balance activity: _____
- My dynamic balance activity: _____
- My coordination activity: _____

Daily Tracking

[illegible]

Weekly Progress Summary

Starting Point (Day 1)

Static balance: _____

Dynamic balance: _____

Coordination: _____

Ending Point (Day 7)

Static balance: _____

Dynamic balance: _____

Coordination: _____