

Weekly Exercise Checklist Slower Bigger Better

M T W Th F S S

Legend
a = am
v = video
~ = needs more

Overall Movement Ability
Willingness, attitude, behavior

Blood Pressure (dia / sys)

Heart Rate (bpm)

Freezing (e.g. stuck in hallways indefinitely)

Falls, Injuries

1 BIG 1: Sitting Front: thighs > front > down > up > sides tada > 10x hand-flex
hand-flex = 'flick the water' off your fingers

2 BIG 2. Sitting Side: reach across, throw-banana-across + 10x hand-flex/ finger flicks

3 Big 3. Stand Front-Step & reach

4 Big 4. Stand Side-Step & Reach (front stance)

5 Big 5. Stand Back-Step Toe Up

6 Big 6. Stand Rock & Reach

7 Big 7: Stand Twist 90 Degrees ("throw the bananas")

8 BIG 8: Sit to Stand - 10 times (a set) x3 sets
1 big out Tada! - 2 big stand up (star fish!tada) - 3 big out - 4 big down

9 Speaking 1: vowels, 10-sec, pitch scale, counting, Dr.Boon's

10 Speaking 2: Conversation 10-15min, Word-games

11 Read Aloud

12 Multitasking (count, non-simple count, breath, physical)

13 Tools: The Breather (5x2x3sec per), hand grippy(3x15)

14 Initiative (initiating actions) games, etc.

15 Write (Letters, Pictures) Draw, Trace, Colour

16 Interactive Game/Braintrain(chess, cards, crosswords)

17 90 Degree Turns [x10] x2 sets

18 Braintrain/Logic: games, puzzles, mazes

19 Walk Outside (min) (Not Alone) Walk & Look (Up/Down, Side-Side)

20 TUG (Time Up and Go): 1.Stand 2.walk to point 4.return 4.sit [x2]

21 Bike + Arms : 10-15 minutes 2x daily

22 Cardio / 30 sec Interval Training bike,stairs,boxing,big8,etc.

24 Boxing: Straight Punch - Extension | side hook - trunk rotation

25 Stairs-Step & Tap - 30 times (a set) x 4 (front LR, side LR), Flights

26 Balance Board / Foam Pad (1min + One-leg + Ball Catch/Throw

27 TheraBand/Weights Arms/Legs - 20x rows, hips, trunk-rotations(L/R)
Monster walk, Toe-heel, Sidestep (x forward+backwards)

28 Cones: Weave'n Tap, Figure 8, step-over

100% Required Daily

Daily

Optional