

Weekly Exercise Checklist **Slow Big Clear Mindful**

parkinsonvoiceproject.org (SLP) + ~LSVT Big(PT) + Noncontact Boxing

S M T W Th F S

Legend
a = am
v = video
~ = needs more
15:30 = Time

Overall Movement Ability
Willingness, attitude, behavior

Blood Pressure (dia / sys)

Heart Rate (bpm)

Mid Upper Arm Circumference arthropometric alternative to weight

Freezing (e.g. stuck in hallways indefinitely)

Swallowing Choking Issues

Injuries, Falls

Issues, Problems

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** [20x;5tada]

4 **Big 4. Stand Side-Step & Reach (front stance)**[20x;5]

5 **Big 5. Stand Back-Step Toe Up** [20x;5tada]

6 **Big 6. Stand Rock & Reach** [20x]

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 Read Aloud

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

12 Mindful Articulation: where, when, who, how / write speak

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

14 Initiative (initiating actions) games, etc.

15 Write, Draw: Worksheets, Letters, Pictures, Trace, Colour

16 Braintrain/Logic: games, puzzles, mazes

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

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

19 **90 Degree Turns [x10] x2 sets**

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

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

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

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

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

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

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

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

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

30 Learning Project: _____

100% Required Daily

(SLP)

Daily

(PT)

Optional