

# 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 Self Awareness Questions + Self Goals
- 14 Tools: The Breather (5x2x3sec per), hand grippy(3x15)
- 15 Initiative (initiating actions) games, etc.
- 16 Write, Draw: Worksheets, Letters, Pictures, Trace, Colour
- 17 Braintrain/Logic: games, puzzles, mazes
- 18 Interactive Game/Braintrain(chess, cards, crosswords)
- 19 Multitasking (count, non-simple count, breath, physical)
- 20 **90 Degree Turns [x10] x2 sets**
- 21 **Walk Outside (min)** (Not Alone) Walk & Look (Up/Down, Side-Side)
- 22 **TUG (Time Up and Go):** 1.Stand 2.walk to point 3.return 4.sit [x2]
- 24 **Bike + Arms : 10-15 minutes 2x daily**
- 25 **Cardio / 30 sec Interval Training** bike,stairs,boxing,big8,etc.
- 26 **Boxing:** Straight Punch - Extension | side hook - trunk rotation
- 27 **Stairs-Step & Tap - 30 times (a set) x 4** (front LR, side LR), Flights
- 28 **Balance Board / Foam Pad** (1min + One-leg + Ball Catch/Throw
- 29 **TheraBand/Weights Arms/Legs - 20x rows, hips, trunk-rotations(L/R) Monster walk, Toe-heel, Sidestep** (x forward+backwards)
- 30 **Cones: Weave'n Tap, Figure 8, step-over**
- 31 **Planning for future decline.**
- 32 **Learning Project:** \_\_\_\_\_

100% Required Daily

(SLP)

Daily

(PT)

Optional