

Weekly Exercise Checklist **Slower Bigger Better**

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

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)

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
- 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 Read Aloud
- 11 Speaking 2: Conversation 10-15min, Word-games
- 12 Mindful Articulation: where, when, who, how / write speak
- 13 Multitasking (count, non-simple count, breath, physical)
- 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 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

Daily

Optional