# LiFE Activity Planner: balance training. Week starting / /

| Balance principle | Balance activity | Example of daily tasks. How, when and where? | Tick if done | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |
| Decrease base of support | Tandem stand | | | | | | | | |
| | Tandem walk | | | | | | | | |
| | One-leg stand | | | | | | | | |
| Shifting weight and moving to the limits of stability | Leaning side to side | | | | | | | | |
| | Leaning forwards and backwards | | | | | | | | |
| Stepping over objects | Stepping forwards and backwards | | | | | | | | |
| | Stepping side to side | | | | | | | | |

# LiFE Activity Planner: strength training. Week starting / /

| Strength principle | Strength activity | Example of daily tasks. How, when and where? | Tick if done | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |
| Bend your knees | Bend knees | | | | | | | | |
| Sit to stand | Normal chair | | | | | | | | |
| | Low chair | | | | | | | | |
| On your toes | Stand on toes | | | | | | | | |
| | Walk on toes | | | | | | | | |
| On your heels | Stand on Heels | | | | | | | | |
| | Walk on heels | | | | | | | | |
| Up the stairs | Up stairs | | | | | | | | |
| Move sideways | Step sideways | | | | | | | | |
| Tighten muscles | Move Ankles | | | | | | | | |
| | Bend / straighten knees | | | | | | | | |
| | Tighten / relax buttocks | | | | | | | | |