

Mornings Movers & Shakers



Balance and Osteogenic Exercise

Weekly Challenge Accountability Chart

Let us know how you are going! Text 0467 922 66 or call 1300 681 666

with thanks to Kirra Rankin, exercise physiologist

	WEEK 1: How long can you stand on one leg?	WEEK 2: How long can you tandem stand for?	WEEK 3: How many heel raises can you do in 20 seconds?	WEEK 4: How many high knee drives can you do in 10 seconds?	WEEK 5: How many double leg jumps can you do in 20 seconds?	WEEK 6: How many single leg hops can you do in 10 seconds?
Week 1			Left: Right:			
Week 2			Left: Right:			
Week 3			Left: Right:			
Week 4			Left: Right:			
Week 5			Left: Right:			
Week 6			Left: Right:			