



FIT4Life Program

Strength and Stamina

10-Week Program

Building from Your Foundation

This workbook belongs to: _____

Your FIT4Life Starting Point

What Can You Do Today and Where Will You Begin

During Week 1, you will use selected class movements to notice your current abilities and choose an appropriate place to begin. These are not separate fitness tests. They are movements you will practice and build upon during the program.

What I Can Do Today

Your record may include:

- The movement option you used
- Support or equipment
- Resistance
- Repetitions or time
- Comfortable range of motion
- Recovery
- How the movement felt

Where I Will Begin

The information you record will help you choose:

- Your starting movement option
- Your initial resistance
- Your working time or repetitions
- Your pace
- Your support
- Your rest and recovery needs

Your starting option may change from one day to another. It is a place to begin—not a level you must use every time.

The movements help you notice where you are. The information helps you decide where to begin.

Using Your Exercise Pages

Notice Where You Are. Choose Where to Begin.

The exercises on these pages are part of our regular fitness classes. Today, we will use them to help you notice what you can do—not to compare your ability with anyone else's, but to help you choose where to begin.

Follow the movement options and safety cues provided, and choose the option that best fits you today

For Each Exercise

- Choose the option and support that fit you today
- Complete the first round
- Count what can be counted
- Describe how the movement felt
- Take the guided recovery time
- Complete a second round when appropriate
- Decide where you will begin

Your starting point may include your movement option, support, repetitions, pace, range of motion, or recovery needs.

Remember

Your starting point may change from one day to another. Record what is true today without comparing it to what you think you should be able to do.

**Use each Exercise Page during guided class.
Record what feels meaningful,
then return to it to notice what may be changing.**

Your Balance Exercise Record

Bringing Your Balance Information Together

Use this page to record your first and second rounds for each of the four balance exercises. Complete each exercise during a guided FIT4Life class and choose the movement option and support that fit you today.

1 st Round	Support Used or Changed	2 nd Round	What I Noticed Compared to 1 st Round
Left Single Leg Stand _____ out of 30 sec		Left Single Leg Stand _____ out of 30 sec	
Right Single Leg Stand _____ out of 30 sec		Right Single Leg Stand _____ out of 30 sec	
Tandem Stance — Left Foot Forward _____ out of 30 sec		Tandem Stance — Left Foot Forward _____ out of 30 sec	
Tandem Stance — Right Foot Forward _____ out of 30 sec		Tandem Stance — Right Foot Forward _____ out of 30 sec	
Left Lateral Hold _____ out of 30 sec		Left Lateral Hold _____ out of 30 sec	
Right Lateral Hold _____ out of 30 sec		Right Lateral Hold _____ out of 30 sec	
360-Degree Turn - Left _____ number of steps around		360-Degree Turn - Left _____ number of steps around	
360-Degree Turn-Right _____ number of steps around		360-Degree Turn-Right _____ number of steps around	

After recording and comparing both rounds, return to each Balance Exercise Page and complete Where I Will Begin. Choose a starting time, number of steps, and support that feel appropriate for you.

Single-Leg Stand

Two Rounds and Where I Will Begin

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

Record both rounds on My Balance Exercise Record. After the second round, return to this page and complete Where I Will Begin.

1 st Round	2 nd Round
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more	Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more

Pause and Reset (After 1st Round)

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

What I Noticed

Compared with my first round, this round felt:

- ☐ Felt steadier
- ☐ Felt about the same
- ☐ Felt more challenging
- ☐ Needed more support
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right ____ sec. Left: ____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Tandem Stance

Two Rounds and Where I Will Begin

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

Record both rounds on My Balance Exercise Record. After the second round, return to this page and complete Where I Will Begin.

1 st Round	2 nd Round
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more	Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more

Pause and Reset (After 1st Round)

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

What I Noticed

Compared with my first round, this round felt:

- ☐ Felt steadier
- ☐ Felt about the same
- ☐ Felt more challenging
- ☐ Needed more support
- ☐ I stopped or changed the exercise

My start time:

Right foot forward: ____ sec. Left foot forward: ____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Right and Left Lateral Hold

Two Rounds and Where I Will Begin

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

Record both rounds on My Balance Exercise Record. After the second round, return to this page and complete Where I Will Begin.

1 st Round	2 nd Round
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more	Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more

Pause and Reset (After 1st Round)

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

What I Noticed

Compared with my first round, this round felt:

- ☐ Felt steadier
- ☐ Felt about the same
- ☐ Felt more challenging
- ☐ Needed more support
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

360-Degree Turn

Two Rounds and Where I Will Begin

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Make sure the area around you is clear and turn at a controlled pace. Stop if you feel pain, dizziness, or unsafe.

Record both rounds on My Balance Exercise Record. After the second round, return to this page and complete Where I Will Begin.

1 st Round	2 nd Round
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more	Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more

Pause and Reset (After 1st Round)

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

What I Noticed

Compared with my first round, this round felt:

- ☐ Felt steadier
- ☐ Felt about the same
- ☐ Felt more challenging
- ☐ Needed more support
- ☐ I stopped or changed the exercise

Where I Will Begin

My starting number of steps: Turning right: _____ Turning left: _____

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Sit-to-Stand

First Round and Recovery

Complete this exercise during the guided FIT4Life class. Choose the movement option and support that fit you today.

Safety Reminder

Make sure your chair is secure and cannot move. Use your hands and keep the backs of your legs in contact with the chair if you need additional support.

First Round

Complete up to 10 Sit-to-Stands.

I completed: _____ out of 10

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ One hand ☐ Both hands ☐ Legs against the chair Another support:	☐ Too much for me today ☐ Very challenging ☐ Appropriately challenging ☐ Manageable ☐ I may be ready for more

One-Minute Recovery

After one minute, I felt:

- ☐ Ready to continue
- ☐ I needed more recovery
- ☐ Continuing did not feel appropriate today

Sit-to-Stand

Second Round and Where I Will Begin

Complete a second round when it feels safe and appropriate for you today.

Second Round

Complete up to 10 Sit-to-Stands.

I completed: _____ out of 10

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option: _____ _____	☐ Too much for me today ☐ Very challenging ☐ Appropriately challenging ☐ Manageable ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ Easier
- ☐ About the same
- ☐ More challenging
- ☐ I stopped or changed the exercise

Where I Will Begin

Number of repetitions: _____

Support I will use: _____

Recovery or rest I may need: _____

This is where I will begin—not a level I must stay at or repeat every time.

Row and Kickback

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Row and Kickback

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Upper-Body Push and Pull

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Upper-Body Push and Pull

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Overhead Press

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Overhead Press

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

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- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Bicep Curl and Hammer Curl

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Bicep Curl and Hammer Curl

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Shoulder Rotation

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Shoulder Rotation

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

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Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Hip Rotation

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Hip Rotation

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Core Rotation

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Core Rotation

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Hip Hinge–Lunge–Reach

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Hip Hinge–Lunge–Reach

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Half Jacks

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Half Jacks

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Alternating High Knees with Weight

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Alternating High Knees with Weight

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Skier

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Skier

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.