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| **January 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  |  |  |  |  |  | **1 Saturday** |
|  |  |  |  |  |  | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **2 Sunday** | **3 Monday** | **4 Tuesday** | **5 Wednesday** | **6 Thursday** | **7 Friday** | **8 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **9 Sunday** | **10 Monday** | **11 Tuesday** | **12 Wednesday** | **13 Thursday** | **14 Friday** | **15 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **16 Sunday** | **17 Monday** | **18 Tuesday** | **19 Wednesday** | **20 Thursday** | **21 Friday** | **22 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **23 Sunday** | **24 Monday** | **25 Tuesday** | **26 Wednesday** | **27 Thursday** | **28 Friday** | **29 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **30 Sunday** | **31 Monday** |  |  |  |  |  |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |  |  |  |  |  |

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| **February 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  |  | **1 Tuesday** | **2 Wednesday** | **3 Thursday** | **4 Friday** | **5 Saturday** |
|  |  | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **6 Sunday** | **7 Monday** | **8 Tuesday** | **9 Wednesday** | **10 Thursday** | **11 Friday** | **12 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **13 Sunday** | **14 Monday** | **15 Tuesday** | **16 Wednesday** | **17 Thursday** | **18 Friday** | **19 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **20 Sunday** | **21 Monday** | **22 Tuesday** | **23 Wednesday** | **24 Thursday** | **25 Friday** | **26 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **27 Sunday** | **28 Monday** |  |  |  |  |  |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |  |  |  |  |  |

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| **March 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  |  | **1 Tuesday** | **2 Wednesday** | **3 Thursday** | **4 Friday** | **5 Saturday** |
|  |  | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **6 Sunday** | **7 Monday** | **8 Tuesday** | **9 Wednesday** | **10 Thursday** | **11 Friday** | **12 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **13 Sunday** | **14 Monday** | **15 Tuesday** | **16 Wednesday** | **17 Thursday** | **18 Friday** | **19 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **20 Sunday** | **21 Monday** | **22 Tuesday** | **23 Wednesday** | **24 Thursday** | **25 Friday** | **26 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **27 Sunday** | **28 Monday** | **29 Tuesday** | **30 Wednesday** | **31 Thursday** |  |  |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |  |  |

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| **April 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  |  |  |  |  | **1 Friday** | **2 Saturday** |
|  |  |  |  |  | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **3 Sunday** | **4 Monday** | **5 Tuesday** | **6 Wednesday** | **7 Thursday** | **8 Friday** | **9 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **10 Sunday** | **11 Monday** | **12 Tuesday** | **13 Wednesday** | **14 Thursday** | **15 Friday** | **16 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **17 Sunday** | **18 Monday** | **19 Tuesday** | **20 Wednesday** | **21 Thursday** | **22 Friday** | **23 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **24 Sunday** | **25 Monday** | **26 Tuesday** | **27 Wednesday** | **28 Thursday** | **29 Friday** | **30 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |

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| **May 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
| **1 Sunday** | **2 Monday** | **3 Tuesday** | **4 Wednesday** | **5 Thursday** | **6 Friday** | **7 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **8 Sunday** | **9 Monday** | **10 Tuesday** | **11 Wednesday** | **12 Thursday** | **13 Friday** | **14 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **15 Sunday** | **16 Monday** | **17 Tuesday** | **18 Wednesday** | **19 Thursday** | **20 Friday** | **21 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **22 Sunday** | **23 Monday** | **24 Tuesday** | **25 Wednesday** | **26 Thursday** | **27 Friday** | **28 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **29 Sunday** | **30 Monday** | **31 Tuesday** |  |  |  |  |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |  |  |  |  |

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| **June 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  |  |  | **1 Wednesday** | **2 Thursday** | **3 Friday** | **4 Saturday** |
|  |  |  | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **5 Sunday** | **6 Monday** | **7 Tuesday** | **8 Wednesday** | **9 Thursday** | **10 Friday** | **11 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **12 Sunday** | **13 Monday** | **14 Tuesday** | **15 Wednesday** | **16 Thursday** | **17 Friday** | **18 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **19 Sunday** | **20 Monday** | **21 Tuesday** | **22 Wednesday** | **23 Thursday** | **24 Friday** | **25 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **26 Sunday** | **27 Monday** | **28 Tuesday** | **29 Wednesday** | **30 Thursday** |  |  |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |  |  |

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| **July 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  |  |  |  |  | **1 Friday** | **2 Saturday** |
|  |  |  |  |  | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **3 Sunday** | **4 Monday** | **5 Tuesday** | **6 Wednesday** | **7 Thursday** | **8 Friday** | **9 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **10 Sunday** | **11 Monday** | **12 Tuesday** | **13 Wednesday** | **14 Thursday** | **15 Friday** | **16 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **17 Sunday** | **18 Monday** | **19 Tuesday** | **20 Wednesday** | **21 Thursday** | **22 Friday** | **23 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **24 Sunday** | **25 Monday** | **26 Tuesday** | **27 Wednesday** | **28 Thursday** | **29 Friday** | **30 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **31 Sunday** |  |  |  |  |  |  |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | |  |  |  |  |  |  |

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| **August 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  | **1 Monday** | **2 Tuesday** | **3 Wednesday** | **4 Thursday** | **5 Friday** | **6 Saturday** |
| |  | | --- | |  | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **7 Sunday** | **8 Monday** | **9 Tuesday** | **10 Wednesday** | **11 Thursday** | **12 Friday** | **13 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **14 Sunday** | **15 Monday** | **16 Tuesday** | **17 Wednesday** | **18 Thursday** | **19 Friday** | **20 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **21 Sunday** | **22 Monday** | **23 Tuesday** | **24 Wednesday** | **25 Thursday** | **26 Friday** | **27 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **28 Sunday** | **29 Monday** | **30 Tuesday** | **31 Wednesday** |  |  |  |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |  |  |  |

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| **September 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  |  |  |  | **1 Thursday** | **2 Friday** | **3 Saturday** |
|  |  |  |  | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **4 Sunday** | **5 Monday** | **6 Tuesday** | **7 Wednesday** | **8 Thursday** | **9 Friday** | **10 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **11 Sunday** | **12 Monday** | **13 Tuesday** | **14 Wednesday** | **15 Thursday** | **16 Friday** | **17 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **18 Sunday** | **19 Monday** | **20 Tuesday** | **21 Wednesday** | **22 Thursday** | **23 Friday** | **24 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **25 Sunday** | **26 Monday** | **27 Tuesday** | **28 Wednesday** | **29 Thursday** | **30 Friday** |  |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |  |

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| **October 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  |  |  |  |  |  | **1 Saturday** |
|  |  |  |  |  |  | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **2 Sunday** | **3 Monday** | **4 Tuesday** | **5 Wednesday** | **6 Thursday** | **7 Friday** | **8 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **9 Sunday** | **10 Monday** | **11 Tuesday** | **12 Wednesday** | **13 Thursday** | **14 Friday** | **15 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **16 Sunday** | **17 Monday** | **18 Tuesday** | **19 Wednesday** | **20 Thursday** | **21 Friday** | **22 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **23 Sunday** | **24 Monday** | **25 Tuesday** | **26 Wednesday** | **27 Thursday** | **28 Friday** | **29 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **30 Sunday** | **31 Monday** |  |  |  |  |  |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |  |  |  |  |  |

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| **November 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  |  | **1 Tuesday** | **2 Wednesday** | **3 Thursday** | **4 Friday** | **5 Saturday** |
|  |  | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **6 Sunday** | **7 Monday** | **8 Tuesday** | **9 Wednesday** | **10 Thursday** | **11 Friday** | **12 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **13 Sunday** | **14 Monday** | **15 Tuesday** | **16 Wednesday** | **17 Thursday** | **18 Friday** | **19 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **20 Sunday** | **21 Monday** | **22 Tuesday** | **23 Wednesday** | **24 Thursday** | **25 Friday** | **26 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **27 Sunday** | **28 Monday** | **29 Tuesday** | **30 Wednesday** |  |  |  |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |  |  |  |

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| **December 2022** | | | | | | |
| |  | | --- | | Check box next to “Walk” on days you walked. Record minutes walked.  Check box next to “Exercise” on days you performed the Otago exercises. Record minutes of exercise.  Circle “Yes” next to “Fall” on days you had a fall (defined as “unintentionally coming to rest on the ground or other lower surface”). If you did not fall that day, circle “No”. | | | | | | | |
|  |  |  |  | **1 Thursday** | **2 Friday** | **3 Saturday** |
|  |  |  |  | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **4 Sunday** | **5 Monday** | **6 Tuesday** | **7 Wednesday** | **8 Thursday** | **9 Friday** | **10 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **11 Sunday** | **12 Monday** | **13 Tuesday** | **14 Wednesday** | **15 Thursday** | **16 Friday** | **17 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **18 Sunday** | **19 Monday** | **20 Tuesday** | **21 Wednesday** | **22 Thursday** | **23 Friday** | **24 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |
| **25 Sunday** | **26 Monday** | **27 Tuesday** | **28 Wednesday** | **29 Thursday** | **30 Friday** | **31 Saturday** |
| |  | | --- | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No | ☐ Walk: \_\_\_min  ☐ Exercise: \_\_\_\_ min  **FALL:** Yes No |