January 2019

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		

February 2019

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**		
☐ 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		

March 2019

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						

April 2019

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**				
☐ Walk: ___min ☐ Exercise: ____ min **FALL:** Yes No	☐ Walk: ___min ☐ Exercise: ____ min **FALL:** Yes No	☐ Walk: ___min ☐ Exercise: ____ min **FALL:** Yes No				

May 2019

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**	**31 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	

June 2019

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						
☐ Walk: ___min ☐ Exercise: ____ min **FALL:** Yes No						

July 2019

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			

August 2019

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

September 2019

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**					
☐ Walk: ___min ☐ Exercise: ____ min **FALL:** Yes No	☐ Walk: ___min ☐ Exercise: ____ min **FALL:** Yes No					

October 2019

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		

November 2019

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

December 2019

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				