Monthly Progress Record

Strength/Balance

Year _____

You might want to make copies of this form. Leave this one blank, so you can copy it as needed.
Fill out this form on the same day of each month. Compare your scores to see your improvement.

		January	February	March	April	May	June	July	August	September	October	November	December
Arm Raise	reps												
	lbs												
Chair Stand	# of Stands												
Bicep Curl	reps												
	lbs												
Plantar Flexion	reps												
	lbs												
Triceps Extension	reps												
	lbs												
Dip	# of Dips												
Knee Flexion	reps												
	lbs												
Hip Flexion	reps												
	lbs												
Shoulder Flexion	reps												
	lbs												
Knee Extension	reps												
	lbs												
Hip Extension	reps												
	lbs												
Side Leg Raise	reps												
	lbs												