

# Balance Practice Log

A simple weekly printable for short balance sessions, confidence notes, and steady progress over time.

Use this log after short supported balance sessions to notice what feels steadier, what still feels cautious, and what you want to repeat next week. Keep notes simple and practical - this is not a test.

## Weekly Session Log

Date	Exercise or Practice	How It Felt	Confidence (1-5)	Notes

### Simple examples you can write:

- Weight shifts felt smoother today.
- Needed both hands close by for narrow stance.
- Turns felt calmer this week.
- Confidence improved from 2 to 3.

# Weekly Reflection

A few short notes are enough. This page is meant to help you notice patterns, not create pressure.

This week, balance practice felt:

---

The exercise that felt easiest was:

---

The exercise that felt most cautious was:

---

Turning felt:

---

My confidence level this week was:

---

One thing I want to repeat next week:

---

One thing I want to simplify or adjust:

---

## Quick Reminder

Use support nearby. Stop if you feel dizzy, faint, unusually weak, or like you may fall. If balance feels clearly unsafe, get guidance from a doctor or physical therapist.

Steadier After 60 - educational use only