

Home Practice Safety Checklist

A simple printable to help you set up a safer space, notice warning signs, and make home practice feel more manageable after 60.

How to use this checklist

Use this sheet before balance practice, walking practice, chair-stand work, or any other simple home routine. You do not need to check every box every day. The goal is to pause, look at the basics, and lower unnecessary risk.

Set up the space		Prepare yourself	
<input type="checkbox"/>	The floor is clear of clutter, cords, loose rugs, or anything easy to trip over.	<input type="checkbox"/>	I am not starting while overly tired, rushed, or distracted.
<input type="checkbox"/>	The room has enough light to see the floor clearly.	<input type="checkbox"/>	I have water nearby if I may need a short break.
<input type="checkbox"/>	A sturdy chair, counter, wall, or rail is nearby if support is needed.	<input type="checkbox"/>	My phone is nearby if I would feel safer having it close.
<input type="checkbox"/>	Shoes or socks feel stable for the activity I plan to do today.	<input type="checkbox"/>	Someone else is nearby or available if I need extra help today.

Today's check-in

<input type="checkbox"/>	I feel steady enough to begin with a gentle version of today's activity.
<input type="checkbox"/>	I do not have chest pain, severe dizziness, faintness, or unusual shortness of breath right now.
<input type="checkbox"/>	I do not feel sick enough today that activity seems clearly unwise.
<input type="checkbox"/>	If something feels off today, I will shorten the session, use more support, or stop.

Simple session log

Date	Planned activity	Minutes	How it felt	Notes

Know when to stop

Use this page as a quick reminder of warning signs, support options, and simple next steps. Educational use only. This checklist is not medical advice.

Stop right away and get medical help or urgent advice if needed

<input type="checkbox"/>	Chest pain or chest pressure
<input type="checkbox"/>	Fainting, near-fainting, or severe dizziness
<input type="checkbox"/>	Unusual shortness of breath that feels clearly beyond your normal baseline
<input type="checkbox"/>	Sudden weakness, loss of balance, or a feeling that you may fall
<input type="checkbox"/>	Severe pain that makes continuing unsafe

Talk with a doctor or physical therapist if you notice

<input type="checkbox"/>	Recent falls or repeated near-falls
<input type="checkbox"/>	A sudden change in walking, balance, or standing strength
<input type="checkbox"/>	Major fear of falling that limits normal activity
<input type="checkbox"/>	Significant numbness in the feet or a major change in coordination
<input type="checkbox"/>	An activity that repeatedly feels unsafe even at an easy level

Weekly reflection

Next-week focus

What felt steadier this week?

One thing I will keep doing

What still needs more support?

One thing I will simplify or adjust

Confidence check

How confident did movement feel this week?

1 - very unsure 2 - cautious 3 - manageable 4 - steadier 5 - confident

Steady progress often looks small at first. Feeling a little calmer, a little smoother, or a little more confident still counts.