

Safe Balance Practice Setup Check

Is the space around me helping me practice safely? Use this worksheet to check your environment before doing balance activities at home.

Use this as a safety check, not a balance test. Choose simple, controlled activities and stay well within a safe range. Do not practice near stairs or in cluttered areas. Stop and seek appropriate medical advice for dizziness, fainting, severe pain, or a major new change in balance.

Setup item	Yes	Needs attention
Floor is clear		
No loose cords or rugs		
Good lighting		
Stable support within reach		
Away from stairs		
Enough space to turn		
Shoes / floor feel secure		
Pets / distractions controlled		

How do I feel today?

☐ Steady ☐ A little tired ☐ Very tired ☐ Dizzy / lightheaded ☐ Pain affecting movement ☐ Not a good day to practice

One thing I should fix before I begin:

The safest place in my home for practice:

Helpful reminder: For balance practice, the setup matters as much as the movement. Clear space, good lighting, and stable support help make practice safer and more controlled.