

Movement = Improvement Checklist

Instructions: As you watch “Movement=Improvement”, use this checklist to circle ‘Yes’ or ‘No’. This will help you decide what activities you may want to try!

| | | |
|---------------------------------------|------------|-----------|
| Do you like music? | Yes | No |
| Do you want to try step aerobics? | Yes | No |
| Do you want to try chair aerobics? | Yes | No |
| Can you sit without support? | Yes | No |
| Do you like exercise? | Yes | No |
| Do you want to try riding a horse? | Yes | No |
| Would you like a strong upper body? | Yes | No |
| Do you like sports? | Yes | No |
| Would you like to try table tennis? | Yes | No |
| Can you stand for 10 seconds? | Yes | No |
| Do you like dancing? | Yes | No |
| Would you like to try drumming? | Yes | No |
| Can you walk with or without support? | Yes | No |
| Do you like games? | Yes | No |
| Do you want to try boxing? | Yes | No |
| Do you need support to balance? | Yes | No |
| Do you want to try biking? | Yes | No |
| Do you want to try chair yoga? | Yes | No |
| Do you feel strong? | Yes | No |
| Do you want to try group exercise? | Yes | No |
| Do you want to try water aerobics? | Yes | No |
| Did you fall yesterday? | Yes | No |
| Do you walk outdoors? | Yes | No |
| Do you want to try karate? | Yes | No |
| Do you want to try Tai Chi? | Yes | No |
| Do you want to try rock climbing? | Yes | No |