



American Stroke Association
A division of the American Heart Association.

Together to End Stroke®

..... My Exercise Progress Tracker

Movement for Fall Prevention After Stroke

WEEK 1 •

Date	Exercises Done	Time	How I Felt	Improvements Noticed
/				
/				
/				
/				

WEEK 2 •

Date	Exercises Done	Time	How I Felt	Improvements Noticed
/				
/				
/				
/				

Remember:

Progress takes time.
Celebrate small victories and
be patient with yourself.

WEEKLY NOTES & GOALS: _____

Nationally Supported by

