

Progress Sheet

Resident Name - _____ Week Beginning - _____

	Session 1	Session 2	Session 3
Each session: Circle the Berg score at the start of the session: (See Berg score Sit to Stand test sheet)			
Sit to Stand Berg Score			
Stand to Sit Berg Score			
Once weekly: Record the number of Sit to Stands in 30 seconds. This will help track the resident's progress and must be completed weekly.			
Movements: These should be completed a minimum of 3 times per week . Start with between 5 - 10 repetitions of each movement and increase as residents' strength and balance improves. Record how many repetitions completed at each session.			
Arm curls			
Upright Pull			
Front Knee Strength (L)			
Front Knee Strength(R)			
Toe Raises			
Heel Raises			
Side Hip Strength (L)			
Side Hip Strength (R)			
Additional movements: Staff must review resident before adding additional movements (these might not be suitable for all residents). These can be added when the resident's strength and balance has improved. Record how many repetitions completed at each session.			
Knee Bends			
Back Knee Strength(L)			
Back Knee Strength(R)			

Any improvements noted by staff, family, friends:

