








































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	 3 Building Your Balance   Video 1	4	 5 Sit to Stand   Video 1	6	 7 Getting Off The Floor   Video 1
8	9	 10 Building Your Balance   Video 2	11	 12 Climbing Stairs and Curbs	13	 14 Getting Off The Floor   Video 2
15	16	 17 Building Your Balance   Video 3	18	 19 Walking   <i>*Choose your challenge*</i>	20	 21 Getting Off The Floor   Video 3
22	23	 24 Building Your Balance   Video 1	25	 26 Sit to Stand   Video 2	27	 28 Standing Vestibular
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 1 Walking   <i>*Choose your challenge*</i>	2	 3 Sit to Stand   Video 1	4	 5 Getting Off The Floor   Video 1
6	7	 8 Building Your Balance   Video 2	9	 10 Climbing Stairs and Curbs	11	 12 Getting Off The Floor   Video 2
13	14	 15 Building Your Balance   Video 3	16	 17 Walking   <i>*Choose your challenge*</i>	18	 19 Getting Off The Floor   Video 3
20	21	 22 Advanced Building Your Balance   Video 1	23	 24 Sit to Stand   Video 2	25	 26 Standing Vestibular
27	28	 29 Advanced Building Your Balance   Video 2	30	 31 Walking   <i>*Choose your challenge*</i>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2  Getting Off The Floor   Video 1
3	4	5  Sit to Stand   Level 2	6	7  Climbing Stairs and Curbs	8	9  Getting Off The Floor   Video 2
10	11	12  Building Your Balance   Video 1	13	14  Sit to Stand   Video 1	15	16  Getting Off The Floor   Video 3
17	18	19  Building Your Balance   Video 2	20	21  Walking   <i>*Choose your challenge*</i>	22	23  Standing Vestibular
24	25	26  Building Your Balance   Video 3	27	28  Sit to Stand   Level 2	29	30  Getting Off The Floor   Video 1

# December

## 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	 3 Advanced Building Your Balance   Video 1	4	 5 Walking   <i>*Choose your challenge*</i>	6	 7 Getting Off The Floor   Video 2
8	9	 10 Advanced Building Your Balance   Video 2	11	 12 Sit to Stand   Video 2	13	 14 Getting Off The Floor   Video 3
15	16	 17 Walking   <i>*Choose your challenge*</i>	18	 19 Climbing Stairs and Curbs	20	 21 Standing Vestibular
22	23	 24 Sit to Stand   Level 2	25	 26 Building Your Balance   Video 1	27	 28 Getting Off The Floor   Video 1
29	30	 31 Advanced Building Your Balance   Video 1				