

SAIL Home Activity Program Level 2: STANDING TRACKER

Name: _____ START DATE: _____

DATE							
1. Sit to Stand							
2. Toe Taps & Up on Toes							
3. Marching on the Spot							
4. Mini Squats							
5. Alternate Leg Out/In							
6. Alternate Leg Behind							
7. Step Dance & Feet Together							
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