

- STOP if it hurts or you feel off balance
- Challenge yourself to beat your record (after Month 1)

In each cell record the number of repetitions or lengths you did. For steps, count every step (one foot at a time; for clarity, both feet, up and down, is equal to 4 steps). Make sure you practice the exercises using videos at www.fasterexercising.com.

Month/Day	Chair Stands	Rows	Stepping Exercise	Push Ups	Walking Exercise
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