

Mobility Tracker for Seniors

Track daily movements, stretching, and balance exercises to maintain independence.

WEEKLY MOBILITY GOAL <hr/>	FOCUS AREA <input type="checkbox"/> Balance <input type="checkbox"/> Strength	DAILY TARGET TIME <hr/> Mins
-------------------------------	--	---

DATE	MOBILITY EXERCISES (STRETCH, CHAIR YOGA, WALKING)	ASSISTANCE / DEVICE USED	ENERGY LEVEL
Monday		<input type="checkbox"/> None <input type="checkbox"/> Cane <input type="checkbox"/> Walker	★ ★ ★
Tuesday		<input type="checkbox"/> None <input type="checkbox"/> Cane <input type="checkbox"/> Walker	★ ★ ★
Wednesday		<input type="checkbox"/> None <input type="checkbox"/> Cane <input type="checkbox"/> Walker	★ ★ ★
Thursday		<input type="checkbox"/> None <input type="checkbox"/> Cane <input type="checkbox"/> Walker	★ ★ ★
Friday		<input type="checkbox"/> None <input type="checkbox"/> Cane <input type="checkbox"/> Walker	★ ★ ★
Saturday		<input type="checkbox"/> None <input type="checkbox"/> Cane <input type="checkbox"/> Walker	★ ★ ★
Sunday		<input type="checkbox"/> None <input type="checkbox"/> Cane <input type="checkbox"/> Walker	★ ★ ★