

# Activity

# Finished

**Do 10 lunges**



**Stand on one foot behind a sturdy chair- hold position for up to 10 seconds. Do 10 sets**



**Calf stretch- hold position for 10-30 seconds, and then return to starting position. Continue alternating legs for at least 3-5 times on each leg.**



**Hold plank position 10-30 seconds  
for at least 3-5 times**

