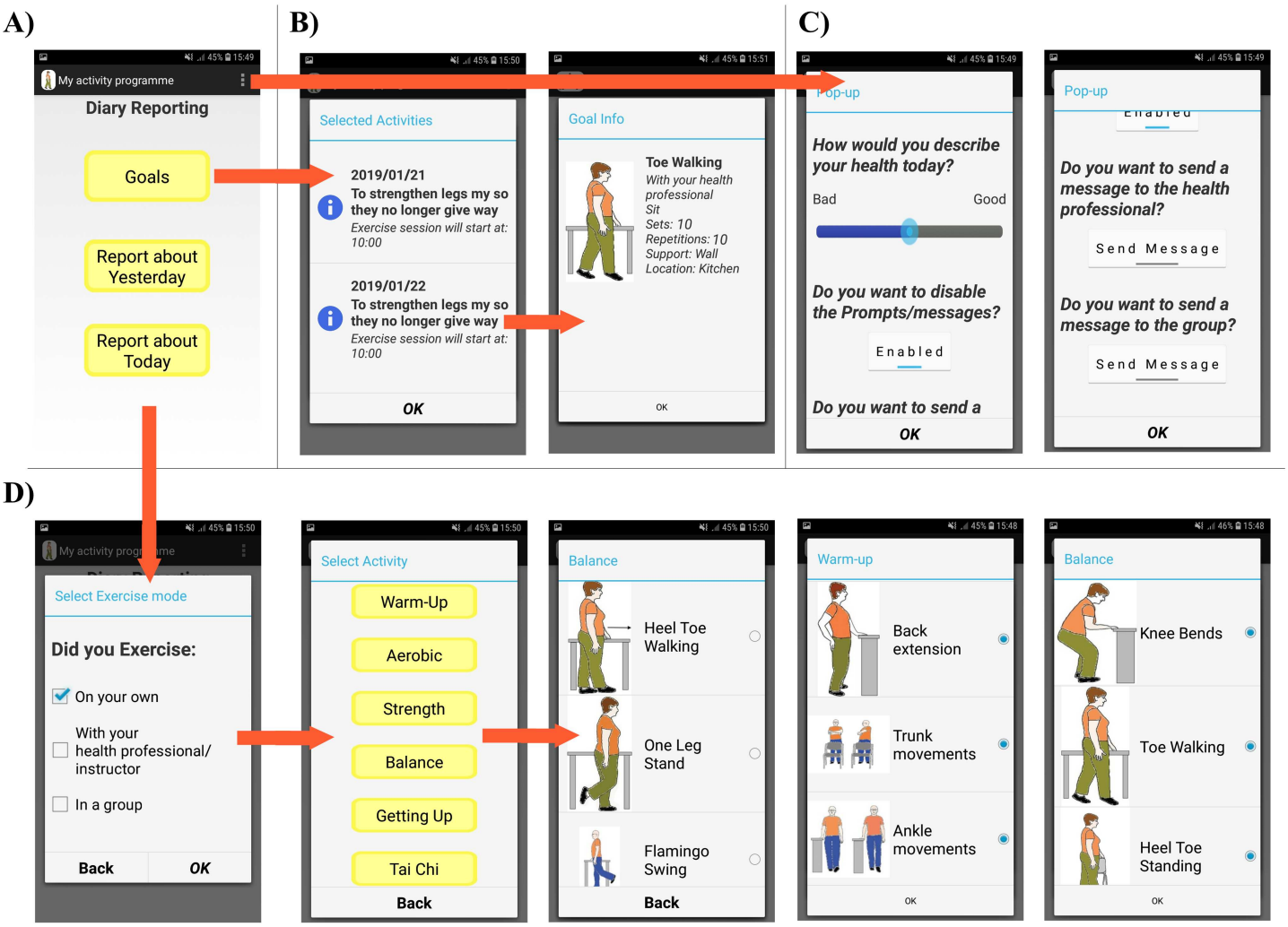
A)
B)
C)
D)
My activity programme
Diary Reporting
Goals
Report about Yesterday
Report about Today
Selected Activities
2019/01/21
To strengthen legs my so they no longer give way
Exercise session will start at: 10:00
2019/01/22
To strengthen legs my so they no longer give way
Exercise session will start at: 10:00
OK
Goal Info
Toe Walking
With your health professional
Sit
Sets: 10
Repetitions: 10
Support: Wall
Location: Kitchen
Pop-up
How would you describe your health today?
Bad
Good
Do you want to disable the Prompts/messages?
Enabled
Do you want to send a
OK
Pop-up
Do you want to send a message to the health professional?
Send Message
Do you want to send a message to the group?
Send Message
OK
Select Exercise mode
Did you Exercise:
On your own
With your health professional/ instructor
In a group
Back
OK
Select Activity
Warm-Up
Aerobic
Strength
Balance
Getting Up
Tai Chi
Back
Balance
Heel Toe Walking
One Leg Stand
Flamingo Swing
Back
Warm-up
Back extension
Trunk movements
Ankle movements
OK
Balance
Knee Bends
Toe Walking
Heel Toe Standing
OK