

Steady on your feet in 28 days

Move every day for stronger muscles, better balance and more confidence.



Tick off which day you completed and note how hard the exercise felt.

Watch the videos at kuus.shop/en/28-days or scan the QR code

Day	Exercise	Done	very easy	easy	normal	hard	very hard	Note
1	Baseline test	☐	☐	☐	☐	☐	☐	
2	Gentle start	☐	☐	☐	☐	☐	☐	
3	Seated movement	☐	☐	☐	☐	☐	☐	
4	Dancing to music	☐	☐	☐	☐	☐	☐	
5	Standing steady	☐	☐	☐	☐	☐	☐	
6	Balance and fall risk	☐	☐	☐	☐	☐	☐	
7	Squat challenge	☐	☐	☐	☐	☐	☐	
8	Step training	☐	☐	☐	☐	☐	☐	
9	Exercising with a stick	☐	☐	☐	☐	☐	☐	
10	Stronger with weights	☐	☐	☐	☐	☐	☐	
11	Dancing to music	☐	☐	☐	☐	☐	☐	
12	Good movement	☐	☐	☐	☐	☐	☐	
13	Shoulder challenge	☐	☐	☐	☐	☐	☐	
14	Lunge challenge	☐	☐	☐	☐	☐	☐	
15	Good movement	☐	☐	☐	☐	☐	☐	
16	Stick exercises again	☐	☐	☐	☐	☐	☐	
17	Good movement	☐	☐	☐	☐	☐	☐	
18	Bee Gees seated	☐	☐	☐	☐	☐	☐	
19	Good movement	☐	☐	☐	☐	☐	☐	
20	Bee Gees standing	☐	☐	☐	☐	☐	☐	
21	Lunge challenge	☐	☐	☐	☐	☐	☐	
22	Chair yoga 50s-70s	☐	☐	☐	☐	☐	☐	
23	Good movement	☐	☐	☐	☐	☐	☐	
24	Standing 50s-70s	☐	☐	☐	☐	☐	☐	
25	Good movement	☐	☐	☐	☐	☐	☐	
26	Standing steady	☐	☐	☐	☐	☐	☐	
27	Squat challenge	☐	☐	☐	☐	☐	☐	
28	Final test	☐	☐	☐	☐	☐	☐	