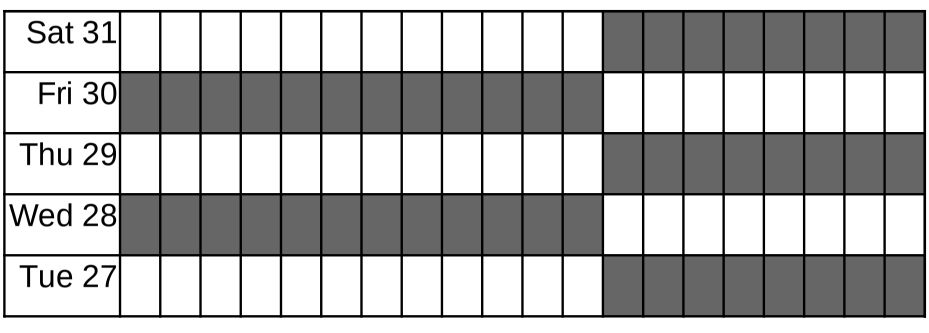
	October 2026																									
	Thu 1	Fri 2	Sat 3	Sun 4	Mon 5	Tue 6	Wed 7	Thu 8	Fri 9	Sat 10	Sun 11	Mon 12	Tue 13	Wed 14	Thu 15	Fri 16	Sat 17	Sun 18	Mon 19	Tue 20	Wed 21	Thu 22	Fri 23	Sat 24	Sun 25	Mon 26
Sit to Stand																										
Calf Raise																										
Hip Abduct																										
Half Squat																										
Glute Bridge																										
Wall Pushup																										
Sit to Stand																										
Calf Raise																										
Hip Abduct																										
Half Squat																										
Glute Bridge																										
Wall Pushup																										
One leg																										
Tandem Walk																										
Sq step																										
Breathing																										
One leg																										
Tandem Walk																										
Sq step																										
Breathing																										


Sat 31
Fri 30
Thu 29
Wed 28
Tue 27