

Chapter 2

Worksheet for the chapter on Balance.

Check off each movement when you can do it correctly.

_____ Stand next to counter. Balance on right foot for 30 seconds. When you can do it with your eyes open, close your eyes and do it.

_____ Stand next to counter. Balance on left foot for 30 seconds. When you can do it with your eyes open, close your eyes and do it.

_____ Stand with right hand on sturdy chair or counter. Lift left leg slowly to the front, then the side, and then the back. Switch sides

_____ Sobriety test toe-to-heel in a straight line for 25 steps. Turn around and to back to start.

_____ Sobriety test toe-to-heel in a straight line for 25 steps backward.

_____ Stand with right hand on sturdy chair or counter. Lift left leg out in front of you, and then step down. Repeat 10 times.

_____ Stand with right hand on sturdy chair or counter. Lift left leg out to the side of you, and then step down. Repeat 10 times.

_____ Stand with left hand on sturdy chair or counter. Lift right leg out in front of you, and then step down. Repeat 10 times.

_____ Stand with left hand on sturdy chair or counter. Lift right leg out to the side of you, and then step down. Repeat 10 times.