



Tracking Card: Multiple Sclerosis Exercise Program

EXERCISE	Date:		Date:		Date:		Date:		Date:		Date:	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Sit to Stand												
Wall/Bench Push Up												
Terminal Knee Extension												
Standing Functional Reach												
Bicep Curl												
Tandem Stance												
Squat and Stop												
Tandem Balance												