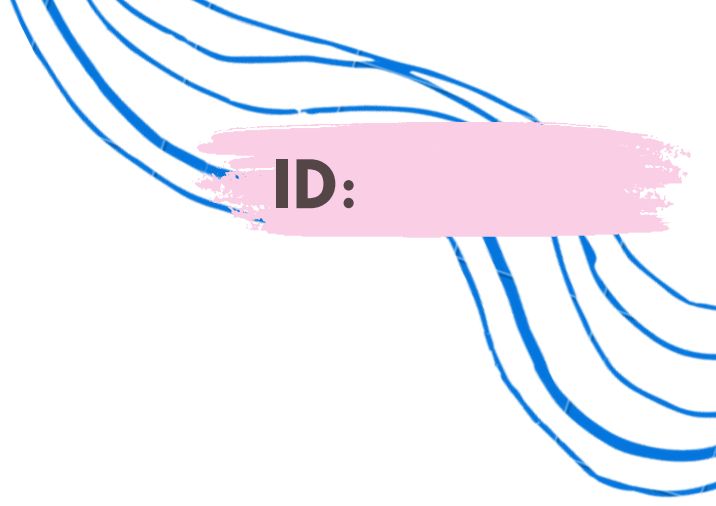
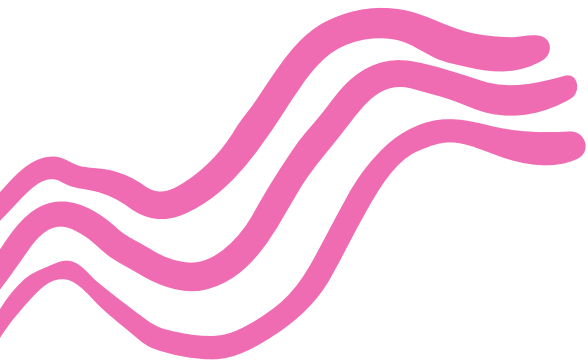




ID:



STIFF TRAINING GUIDE



For the study into foot muscles and the ability to
move in older adults

Fontys Allied Health
Professions
in collaboration with
SGE



Your participation in the study

You are participating in the study on the effect of foot training on balance and walking. For this purpose, you have been assigned to the group that will undergo the **foot training**. You can read more about this on the following pages.

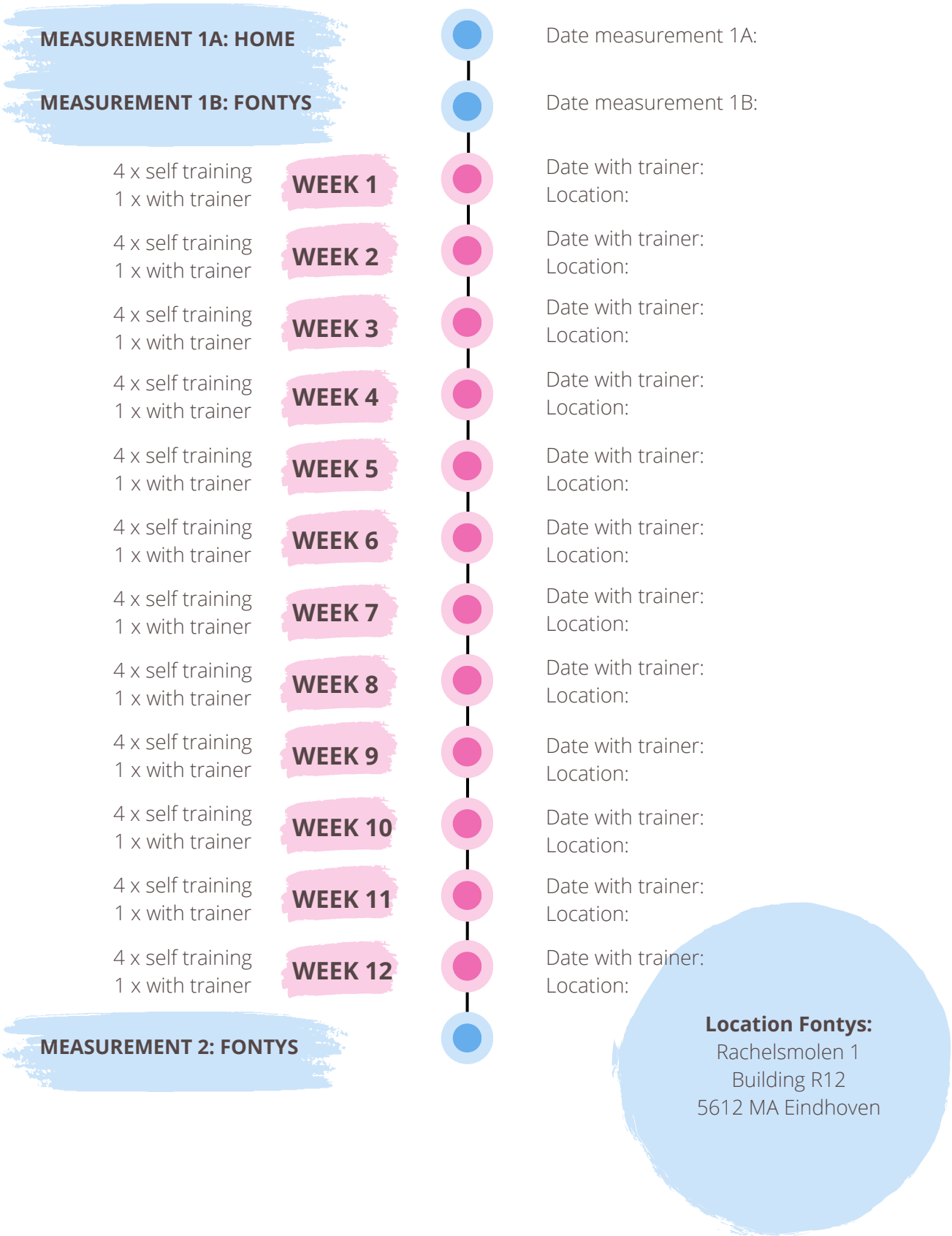
It is of utmost importance for the study that the researcher, Lydia Willemse, does not know that you are involved in the foot training. Therefore, please try to keep this unrevealed when you see her at the last measurement.

We consider it very important that you report any emerging symptoms or discomfort during or outside the training to the trainer. If necessary, we will examine together whether and how you can continue the training.



**Always report discomfort during or after training
to the trainer and note this in the diary**

The timeline of the study



The foot training

The foot training consists of a **12-week** program. Each week you will train 4 x 20-30 minutes at home without a trainer (it may take a little more time in the beginning) and 1 x 30 minutes with a trainer.

For the **training with the trainer**, you can choose whether you want to receive the trainer at home or you visit us at Fontys Allied Health Professions where you can train with other participants. The training will be given by a 4th year physical therapy student. On the previous page you will find the contact information. The trainer will discuss with you when and where the training will take place.

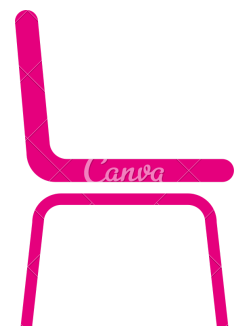


You perform the **training without the trainer** by yourself using this training book and the instructional videos. Below the exercise instructions, you will find your additional instructions for performing the exercises. Here it says in which position you perform the exercise and with how many repetitions or how many seconds you should perform the exercise. When this changes, the trainer will indicate this on that page. You should always follow the bottom instructions. Your goal, unless otherwise agreed, is to do all the exercises. This takes about 20-30 minutes each session.

The image of each exercise is accompanied by a QR code that you can scan with your smartphone or tablet. This will lead you to an instructional video for each exercise. If you do not have a smartphone or tablet, that is not a problem. The trainer will discuss with you how to still access the videos. The QR code on the right will lead you to the introductory video.



When performing standing exercises, for safety, always have something nearby that you can hold onto, such as the back of a sturdy chair or the kitchen counter.



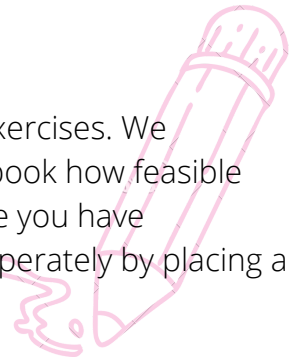
The complete foot training

Want to do all the exercises in one run using the instructional videos? Then, scan this QR code:



Training log and diary

For the study, it is important that we know how you experience the exercises. We therefore ask you to indicate on the right-hand page of the exercise book how feasible you perceived the execution of the exercise. Fill in this page each time you have performed an exercise. You do this for your left foot and right foot separately by placing a circle around the smiley that best fits your experience.



Very easy



Somewhat easy



Neutral



Somewhat difficult



Very difficult



Only circle the smiley if you performed the exercise or if you attempted to perform the exercise.

At the back of the training book you will find the diary containing some more general questions. We also ask that you fill these out after each training session.



- Place your feet flat on the floor at hip width;
- Lift the big toe of the left foot off the floor while the lesser toes remain on the floor;
- Hold this for **5 seconds**;
- Now lift the little toes up while keeping your big toe on the ground;
- Hold this for 5 seconds;
- After you have done all the repetitions, repeat everything with your other foot.



Keep the ball of the foot on the ground

[illegible]

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 1: Big toe and lesser toes extension



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 1: Big toe and lesser toes extension



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    



Exercise 2: Toe spread and squeeze



You may train both feet at the same time

- Sit on a chair;
- Place your feet flat on the floor at hip width;
- Lift the toes of the left foot off the floor and spread the toes as far apart as possible;
- Hold this for **5 seconds**;
- Now squeeze the toes of the same foot together;
- Hold this for **5 seconds**;
- After you have done all the repetitions, repeat everything with your right foot.

[illegible]

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 2: Toe spread and squeeze



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 2: Toe spread and squeeze



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 3: Short foot exercise



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 3: Short foot exercise



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    



- Towel

- Sit on a chair;
- Place the towel in front of you on the floor;
- Place your feet flat on the floor at hip width;
- With the toes of one foot, curl up the towel a little bit and hold for **2 seconds**;
- Release the towel to grab the towel a little further;
- After you have done all the repetitions, repeat everything with your other foot

This is a tough exercise, but keep trying.

[illegible]

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 4: Towel curl



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 4: Towel curl



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    



Equipment:

- Instruction:**

- [illegible]

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 5: Marble pick up



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 5: Marble pick up



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 6: Big toe and lesser toes press



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 6: Big toe and lesser toes press



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    



- Check the table below to see in which position you perform this exercise;
- Place your feet flat on the floor at hip width;
- Then lift your heel as high as you can while keeping your toes on the ground;
- Hold for **2 seconds**;
- Now slowly lower your heel(s) until the foot (feet) are flat on the floor again;
- Did you perform this exercise on one leg? Then repeat everything with your other foot on the floor.

You may perform
this exercise
anywhere and
anytime

[illegible]

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 7: Heel raise



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 7: Heel raise



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    



- Resistance band

- Sit on a chair and place your feet flat on the floor at hip width;
- Place the resistance band under your foot with one end under the heel and the other around the big toe
- Stand up with the band in your hand to create tension;
- Push the big toe into the band;
- Hold this for **5 seconds**;
- After you have done all the repetitions, repeat everything with your other foot.

Keep the ball of your foot on the floor

[illegible]

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 8: big toe flexion against resistance



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 8: big toe flexion against resistance



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    



- Resistance band



- Take a seat on a chair and place your feet flat on the floor at hip width;
- Place the resistance band under your foot with one end under the heel and the other around the four smaller toes;
- Stand up with the band in your hand to create tension;
- Push the toes into the band;
- Hold this for **5 seconds**;
- After you have done all the repetitions, repeat everything with your other foot.

The more tension on the band, the harder the exercise

Keep the ball of your foot on the floor

[illegible]

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 9: Lesser toes flexion against resistance



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 9: Lesser toes flexion against resistance



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    



- When doing this exercise, always hold the back of a chair, or something similar;
- Place your feet flat on the floor at hip width;
- Then lift one foot slightly off the floor;
- Keep the supporting leg bent;
- Try to hold this position according to the duration in the table below;
- Repeat the exercise with your other foot.

Put your foot back on the floor briefly when you lose your balance

Keep your eyes
straight ahead

[illegible]

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 10: single leg stance



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 10: single leg stance



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 11: toe walking



Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 11: toe walking



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    



- 

The toes need only just, if at all, come off the ground

[illegible]

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 12: Hopping

Week	Training	Feasibility LEFT	Feasibility RIGHT
1	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
2	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
3	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
4	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
5	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
6	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

-  Very easy
-  Somewhat easy
-  Neutral
-  Somewhat difficult
-  Very difficult

Exercise 12: Hopping



Week	Training	Feasibility LEFT	Feasibility RIGHT
7	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
8	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
9	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
10	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
11	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    
12	1	    	    
	2	    	    
	3	    	    
	4	    	    
	5	    	    

Week 1	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 2	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 3	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 4	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 5	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 6	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 7	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 8	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 9	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 10	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 11	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	

Week 12	
For each training, please describe here in a few words how you experienced the unsupervised training and how long it took.	
Training #1	
Training #2	
Training #3	
Training #4	
Have you completed the supervised training this week?	Yes / No If yes, please indicate the date:
Indicate here any discomfort you experienced while doing the exercises. <i>For example: lower foot cramping when performing exercise x</i>	
Indicate here what physical activities of at least moderate intensity you engaged in outside the foot training that lasted >10 min. consecutively.	
Indicate here any mobility-related discomforts you experienced outside the foot training, <i>such as pain in your ankle, foot, leg or lower back</i> . Please also indicate here if, unexpectedly, you have fallen.	