



**For someone  
who can  
stand but  
not walk**



### Weekend routine

Morning

- Stand to help at breakfast time
- Stand while listening to an audiobook or music or to watch TV for 30 minutes



Afternoon

- Stand to watch or help do household chores (e.g., fold clean clothes, water plants, choose napkins for dining table)
  - Stand to eat snacks
  - Stand to watch TV



Evening

- Stand to brush teeth

