



Strength + Speech Log

Exercises Completed

- ☐ Chair Story Squats with storytelling
- ☐ Pantry Row Word Pairs
- ☐ Soup Can Curls with word categories

Memory Task Used

- ☐ Name as many animals as you can
- ☐ List fruits and vegetables
- ☐ Recall U.S. states or countries
- ☐ Name occupations, colors, or sports
- ☐ Describe objects, plants, or surroundings
- ☐ Name a word starting with each letter of the alphabet (e.g., A = apple, B = banana)
- ☐ Choose a category (e.g., names, cities) and go A to Z
- ☐ Say pairs like salt and pepper, day and night, peanut butter and jelly
- ☐ Make up new pairs (e.g., "window and curtain") and try to remember them later

Story of the Day

- ☐ Tell a true story from your life, adding one detail with each repetition
- ☐ Practice sequencing a memory ("First we drove to the beach, then we...")

Word Categories Practiced

Name as many as you can:

- ☐ Foods: Fruits, vegetables, spices
- ☐ Animals: Farm, wild, aquatic, pets
- ☐ Places: Cities, countries, landmarks
- ☐ People: Friends, professions, famous figures
- ☐ Objects: Tools, clothing, household items
- ☐ Actions: Verbs or tasks (e.g., jump, drive, write)

How I Felt After