

Two weeks to notice your movement patterns

Name: _____

- | | |
|---------------------|---|
| 1 RECORD | For each activity: specify what you did, start time, minutes and effort. |
| 2 DURATION | For mixed sessions, split minutes between the types; count each minute once.
Brief sessions count too. Tick 'No exercise today' if applicable. |
| 3 EFFORT | How demanding did it feel? Effort is not pain. 1 easy - 2 light - 3 moderate - 4 hard - 5 very hard. |
| 4 AFTERWARDS | How did you feel afterwards, compared with before? Think of energy, mood or physical comfort. |
| 5 SITTING | Shade awake sitting / reclining; leave sleep and movement blank. Approximate times are fine. |

Date day + dd/mm		Activity specify on the line		Start time	Duration minutes	Effort 1-5	Afterwards optional			Context optional notes															
EXAMPLE Mon 05/10	Sitting																								
	Strength	Squats + wall push-ups		18:00	8	3	Better	Same	Worse	Shortened: busy evening.															
	Cardio	Walk outside		12:30	15	2	Better	Same	Worse	Short lunch break.															
	Balance / stretching	Calf stretches		18:10	5	1	Better	Same	Worse	Stretching only today.															
☐ No exercise today	Sitting																								
	Strength						Better	Same	Worse																
	Cardio						Better	Same	Worse																
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MOVEMENT TRACKER

WEEK 2 OF 2

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	Cardio					Better	Same	Worse												
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	Balance / stretching										Better	Same	Worse							

LOOKING BACK OVER TWO WEEKS

Notice patterns without judging individual days. Brief notes are enough.

1 Which types of movement appeared regularly? Which were less present?
Think about strength, cardio, balance and stretching.

2 What helped me fit movement into my day?
Consider timing, routines, company or barriers.

3 How much of my waking day did I spend sitting?
Mostly sitting, a mix, or mostly on my feet? Were there long stretches without a break?

4 What small change would I like to try next?
Choose something manageable for the coming week.