

Daily Movement Checklist: Small Steps That Add Up

Use this checklist to help reduce sitting time and build movement into your day.

Check off what you're able to do — every bit of movement counts.

Morning Movement

- I stood up within 30 minutes of waking
 - I walked around my home before sitting down
 - I stretched or moved my arms and legs
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Throughout the Day

- I stood up at least once every hour
 - I walked short distances inside or outside
 - I changed positions regularly (sit → stand → walk)
 - I completed at least one household task (laundry, dishes, light cleaning)
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During Screen Time or Sitting

- I stood during TV commercials or between shows
 - I stretched while seated
 - I took a short movement break
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Activity Moments

- I took a short walk (even a few minutes)
 - I spent time moving outdoors
 - I participated in an enjoyable activity (gardening, dancing, hobbies)
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End of Day Check-In

- I moved more today than yesterday
 - I broke up long sitting periods
 - I listened to my body and stayed comfortable
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Weekly Reflection

- I met my personal movement goal
 - I found activities I enjoy
 - I felt more energized
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Medical Disclaimer

This resource is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Individuals should consult their healthcare provider before making changes to their physical activity routine. Call 911 if you are experiencing a medical emergency.