

Daily Movement Tracking Sheet

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stood within 30 min of waking	<input type="checkbox"/>						
Hourly standing break	<input type="checkbox"/>						
Short walk	<input type="checkbox"/>						
Household movement	<input type="checkbox"/>						
Screen break stretch	<input type="checkbox"/>						
Outdoor movement	<input type="checkbox"/>						
Enjoyable activity	<input type="checkbox"/>						

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.