My Move tracker

A tick a day. Little and often is what counts.

Month: _____

Name: _____

Day	I moved ✓	What I did	Minutes	How I feel (1 to 5)
1	☐			1 2 3 4 5
2	☐			1 2 3 4 5
3	☐			1 2 3 4 5
4	☐			1 2 3 4 5
5	☐			1 2 3 4 5
6	☐			1 2 3 4 5
7	☐			1 2 3 4 5
8	☐			1 2 3 4 5
9	☐			1 2 3 4 5
10	☐			1 2 3 4 5
11	☐			1 2 3 4 5
12	☐			1 2 3 4 5
13	☐			1 2 3 4 5
14	☐			1 2 3 4 5
15	☐			1 2 3 4 5
16	☐			1 2 3 4 5
17	☐			1 2 3 4 5
18	☐			1 2 3 4 5
19	☐			1 2 3 4 5
20	☐			1 2 3 4 5
21	☐			1 2 3 4 5
22	☐			1 2 3 4 5
23	☐			1 2 3 4 5
24	☐			1 2 3 4 5
25	☐			1 2 3 4 5
26	☐			1 2 3 4 5
27	☐			1 2 3 4 5
28	☐			1 2 3 4 5
29	☐			1 2 3 4 5
30	☐			1 2 3 4 5
31	☐			1 2 3 4 5

Five gentle routines

- **Morning stretch** 5 minutes
- **Get-up-and-move break** 2 to 5 minutes
- **Gentle walk** 10 minutes (or more)
- **Simple strength at home** 10 minutes
- **Wind-down stretch** 5 minutes

Steps for each one: Healthy Everyday, the Move page.

How I feel

1 Not great · 2 So-so · 3 OK · 4 Good · 5 Great

Go gently

Please check with your doctor or health practitioner before you start if you have an injury or a health condition, or if you haven't been active for a while. Go gently. Stop if anything hurts, or if you feel dizzy, short of breath or unwell.