

EXAMPLE	MON
STRENGTH	Full body dumbbells 8am 35 mins
NEAT	Walked to supermarket (carried heavy bags on return)
	Housework 2½ hrs: Hoovering, cleaning, ironing.

This tracker will help you notice any patterns and areas for improvements or change.
e.g. you may notice you only do cardio activities so could think about adding some strength into your week. Or, you may notice your mood drops on days you don't exercise.

- Include with each exercise the type, time of day and duration
- Be as descriptive as possible including DURATION of any mood slumps etc.

YOUR MOVES	MON	TUE	WED	THU	FRI	SAT	SUN
MOBILITY							
STRENGTH							
CARDIO							
NEAT							
DAILY STEPS							
ENERGY LEVEL & MOOD							
ADDITIONAL ACTIVITY & NOTES							