



Weekly Movement Tracker Sheet

Goal: Stay active every workday with small, achievable moments.

Weekly Movement Goals

- Walk with a Colleague
- Stretch at a Station or Desk
- Stand During a Meeting or Phone Call
- Use a Movement App or Tracker
- Add Stretch Breaks to a Meeting Agenda

Try to hit 3–5 of these by Friday!

Weekly Check-In Table

Did You Move Today? What Did You Do? *(walk, stretch, desk exercise)*

Monday	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
Tuesday	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
Wednesday	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
Thursday	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
Friday	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____