Movement Matters

Weekly action worksheet • Check each step and write what worked for you.

☐ Try 3 beginner-friendly exercises

- ☐ Choose options such as a short walk, sit-to-stand, or gentle stretching.
- ☐ Begin slowly and use support or a chair when needed.
- ☐ Notice which activities feel comfortable enough to repeat.

EXERCISES I TRIED AND HOW THEY FELT

☐ Walk for 20 minutes, 3 times this week

- ☐ Choose three specific days and times for your walks.
- ☐ Break a session into shorter walks if that works better for you.
- ☐ Use a comfortable pace where you can still talk.

WALK DAYS, MINUTES, AND NOTES

☐ Log your daily movement

- ☐ Record the activity and approximate minutes each day.
- ☐ Note energy or comfort afterward, not just distance.
- ☐ Review your log for an achievable next step.

MY MOVEMENT PATTERN THIS WEEK