

THE PHYSICAL ACTIVITY TRACKER™

Name: _____

Date: _____

MOVEMORE



A LITTLE CHANGE GOES A LONG WAY

Starting an exercise regime can be daunting. And if you start a regime and aren't able to maintain it, it can be very discouraging and you're less likely to try again. That's why it's better to start small. A 1% change in your habits will add up over time. For example, 1% of your day is 15 minutes. Fifteen minutes of walking each day reduces your risk of breast and colon cancer by 24-50%.

SPRINKLE PHYSICAL ACTIVITY INTO YOUR DAY

One of the easiest ways to increase physical activity is to sprinkle movement into your day. Short bouts of activity throughout your day can supercharge your health and performance. You will think more clearly, feel energized, and combat the damage that all-day-sitting imposes on your body. And you will be less likely to contract a chronic disease in your lifetime.

THE PHYSICAL ACTIVITY TRACKER

Before implementing any changes, it's good to get a sense of how much activity you currently do. This tool is meant to simply record how much activity you do on a daily basis.

HOW TO USE THIS TOOL

Use this tool for one week to get a baseline for how much and what types of activities you normally do. At the end of the week, you can see where you might need to improve, and you can start to sprinkle in more physical activity into your day. Remember it's all about 1% changes!

STEPS

Track your movement

In the table on the back side of this sheet, track:

Your Activities

This can be anything from structured exercise (attending a yoga class, playing a sport, etc.) to unstructured physical activity (going for a walk at lunchtime, doing some stretching at home, taking the stairs, etc.).

Intensity

Rate the intensity of each activity (light, moderate, or vigorous).

Total Active Time

If you do multiple activities throughout the day, add up the total time that you were active for that day.

How did you feel?

Rate how you felt that day overall (energy levels, mood, ability to concentrate, etc.).

Post-assessment

Look back at your week and ask yourself a few questions:

Were you surprised by the amount of activity you did?

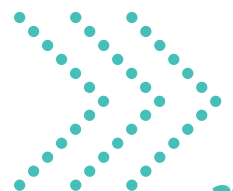
Was it more or less than you thought?

Did you notice any patterns between how much activity you did and your energy levels, focus, and performance that day?

Where/when do you think you could increase your activity?



TM & ©2020. Wells Performance Inc.
All rights reserved. No part of this work may be reproduced in any form, or by any means whatsoever, without written permission from Wells Performance Inc.
Made in Canada. March 2020.





EXAMPLE

	Activity/Activities	Intensity (light, moderate, vigorous)	Total Active Time	How did you feel? 1 = very bad, 10 = very good
Day 1	Walked dog in morning (20 mins) Stairs after lunch (5 mins) Stretched in evening (10 mins)	Light Moderate Light	35 minutes	5
Day 2	Biked to work (30 mins) Walk at lunchtime (30 mins)	Moderate Light	1 hour	10
Day 3	Biked to work (30 mins) Walked dog in evening (20 mins)	Moderate Light	50 minutes	9
Day 4	Yoga class in evening	Moderate	1 hour	8
Day 5	Morning run (30 mins) Walked at lunchtime (20 mins) Stretched in evening (10 mins)	Vigorous Light Light	1 hour	9
Day 6	Long walk/hike with the dog	Light	2 hours	7
Day 7	Household chores	Light	2 hours	4

POST-ASSESSMENT

Were you surprised by the amount of activity you did?
Was it more or less than you thought?

On the days when I don't have structured exercise (yoga, run, etc.), I am doing more physical activity than I thought I was doing (just by doing short walks, biking to work, etc.).

Did you notice any patterns between how much activity you did and how you feel that day?

I am more focused and have more energy on the days when I do exercise that is moderate or vigorous in intensity in the morning (e.g. go for a run, or bike to work).

Where/when do you think you could increase your activity?

I want to sprinkle in more movement during the workday to clear my head and improve my mental clarity (e.g. a few flights of stairs or brisk walk).



TRACK YOUR MOVEMENT

MOVEMORE



	Activity/Activities	Intensity (light, moderate, vigorous)	Total Active Time	How did you feel? 1 = very bad, 10 = very good
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

POST-ASSESSMENT

Were you surprised by the amount of activity you did?
Was it more or less than you thought?

Where/when do you think you could increase your activity?

Did you notice any patterns between how much activity you did and how you feel that day?



TM & ©2020. Wells Performance Inc.
All rights reserved. No part of this work may be reproduced in any form, or by any means whatsoever, without written permission from Wells Performance Inc. Made in Canada. March 2020.

