

Physical Activity Audit

Track your movement and sitting time and identify where you can make small, impactful changes.

Daily Movement Tracker

Time Block	What were you doing?	Mostly sitting? (Y/N)	Did you move, stretch, stand? (Y/N)	Notes
8:00 - 9:00 AM				
9:00 - 10:00 AM				
10:00 - 11:00 AM				
11:00 AM - 12:00 PM				
12:00 - 1:00 PM				
1:00 - 2:00 PM				
2:00 - 3:00 PM				
3:00 - 4:00 PM				
4:00 - 5:00 PM				

What's the longest time you sat without moving today?

How many movement breaks did you take?

What helped you move more today?

Every minute of movement is a step
toward a healthier heart.

swivel