4-WEEK TRACKER

Movement Tracker

A dot for the minutes you moved each day, across four weeks. The line should climb gently. The usual adult guideline is 150 minutes a week; build towards it at your own pace.



SHEET 18

Name _____ **Day 1 is** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
MINUTES OF MOVEMENT: ABOVE 60, PUT THE DOT ON THE TOP LINE AND WRITE THE NUMBER																												
Minutes ● walking, cycling, swimming, anything that counts — 60 / 50 / 40 / 30 / 20 / 10 / 0																												
THE SESSION																												
Effort 0 to 10																												
Brisk: could talk, not sing	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Strength routine	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Walk after a meal	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Broke up long sitting	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
GUT AND MOOD																												
Gut symptoms during exercise	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Gut symptoms today 0 to 10																												
Mood 10 = best																												
Stool type 1 to 7																												

Week 1

Total minutes _____

Strength sessions _____

Week 2

Total minutes _____

Strength sessions _____

Week 3

Total minutes _____

Strength sessions _____

Week 4

Total minutes _____

Strength sessions _____

If exercise upsets my gut

Activity and time of day _____

Last meal: what, and how long before _____

What happened, and what I will change next time

_____

After four weeks

The activity I am most likely to keep doing

_____

What changed in my gut, sleep or mood

_____

! **Stop and get emergency help** for chest pain that persists or spreads, fainting, or palpitations with breathlessness. Check with a clinician before starting if you have heart, lung or kidney disease, diabetes, or dizziness on exertion. Leave two to three hours between a large meal and a hard session.