14-day daily movement tracker

14-day daily movement tracker turns a broad intention into a sequence of actions you can record on paper. The 14 steps begin with observation, move into a small practical experiment, test an everyday constraint and finish with a review. Use the notes to choose your next action from evidence rather than a perfect streak. This two-week program builds a sequence, then tests it under different everyday constraints.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯	Day 8 ◯	Day 9 ◯	Day 10 ◯
Day 11 ◯	Day 12 ◯	Day 13 ◯	Day 14 ◯	

Mark completed days; after a missed day, continue with the current task.

Template page

Daily tasks and notes

▫ Day 1

Choose a convenient cue to interrupt a sitting day. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose a convenient cue to interrupt a sitting day, and which condition helped?

▫ Day 2

Clear a space for a familiar unobstructed movement. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to clear a space for a familiar unobstructed movement, and which condition helped?

▫ Day 3

Take a short walk on an accessible clear route. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to take a short walk on an accessible clear route, and which condition helped?

▫ Day 4

Prepare comfortable footwear for going outdoors. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to prepare comfortable footwear for going outdoors, and which condition helped?

▫ Day 5

Add a movement pause between two work tasks. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to add a movement pause between two work tasks, and which condition helped?

▫ Day 6

Choose an accessible route close to home. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose an accessible route close to home, and which condition helped?

Daily tasks and notes

▫ Day 7

Observe your comfort at the chosen pace without competing. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to observe your comfort at the chosen pace without competing, and which condition helped?

▫ Day 8

Try a movement break after a household task. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to try a movement break after a household task, and which condition helped?

▫ Day 9

Plan a short indoor option for a rainy day. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to plan a short indoor option for a rainy day, and which condition helped?

▫ Day 10

Find a route with a convenient place to stop. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to find a route with a convenient place to stop, and which condition helped?

▫ Day 11

Arrange a walk with someone you enjoy talking to. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to arrange a walk with someone you enjoy talking to, and which condition helped?

▫ Day 12

Note which items are useful to prepare in advance. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to note which items are useful to prepare in advance, and which condition helped?

Daily tasks and notes

▫ Day 13

Test a manageable version on a busy day. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to test a manageable version on a busy day, and which condition helped?

▫ Day 14

Keep one walking option and one brief movement pause. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to keep one walking option and one brief movement pause, and which condition helped?

Reflection and next step

How to use

1. Choose one personal goal for daily movement before you print. Describe an action you want to notice in everyday life, rather than an ambitious outcome you cannot check directly.
2. Keep the overview and task pages together somewhere you will see them. Read the next task in advance and reserve a realistic time slot, including a smaller backup slot for a busy day.
3. Mark the day after you try its action. Answer the note question in one concrete sentence: what you did, what happened, or which obstacle deserves another experiment.
4. After a missed day, keep your completed marks. Resume at the next unfinished task and change one practical condition that got in your way, such as timing, materials or the size of the action.

Which actions helped? What will I simplify next time? Which small step will I take tomorrow?

Keep practising

If you want more structured practice after daily movement, explore the available Sprintcourse mini-courses and choose a relevant direction. There is no dedicated course for this particular program yet. You can complete the tracker on its own without an account or subscription.

https://sprintcourse.com/en/templates/challenge-trackers/14-day-fitness/