7-day daily movement tracker

7-day daily movement tracker turns a broad intention into a sequence of actions you can record on paper. The 7 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 one-week program is an observation sprint: find a workable first action.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯			

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

Template page

Daily tasks and notes

▫ Day 1

Notice comfortable opportunities to move during your day. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to notice comfortable opportunities to move during your day, and which condition helped?

▫ Day 2

Check that a clear safe route is available indoors. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to check that a clear safe route is available indoors, and which condition helped?

▫ Day 3

Choose a familiar movement within a comfortable range. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to choose a familiar movement within a comfortable range, and which condition helped?

▫ Day 4

Try a brief movement break at a calendar prompt. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to try a brief movement break at a calendar prompt, and which condition helped?

▫ Day 5

Find an option that works in your everyday clothes. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to find an option that works in your everyday clothes, and which condition helped?

▫ Day 6

Try a short walk at a comfortable pace. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to try a short walk at a comfortable pace, and which condition helped?

Daily tasks and notes

▫ Day 7

Record which movement you would like to repeat calmly. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to record which movement you would like to repeat calmly, 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/7-day-fitness/