





MOVEMENT CHART

Every time you complete one of the suggested movements below, mark off the day. See how many times you can incorporate movement into your week!

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|-----|-----|-----|-----|-----|-----|
| Stretching  | | | | | | | |
| Go For A Walk  | | | | | | | |
| Stand Up Every Hour During Work  | | | | | | | |
| At Least 30-minutes of Cardio Exercise  | | | | | | | |
| Practiced Stress Reduction (i.e. meditate, deep breathing, yoga, massage, music) | | | | | | | |

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