

MOVEMENT TRACKER

Name:_____

Date:_____

My Wellness Goal This Week: _____

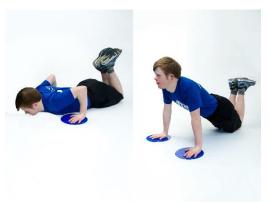
RECORD YOUR ACTIVITY THIS WEEK						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Squats	Squats	Squats	Squats	Squats	Squats	Squats
🗆 Push Ups	🗆 Push Ups	🗆 Push Ups	🗆 Push Ups	🗆 Push Ups	🗆 Push Ups	🗆 Push Ups
🗆 Plank	🗆 Plank	🗆 Plank	🗆 Plank	🗆 Plank	🗆 Plank	🗆 Plank
Bridges	Bridges	Bridges	Bridges	Bridges	Bridges	Bridges
Tilts	🗆 Tilts	🗆 Tilts	🗆 Tilts	Tilts	🗆 Tilts	Tilts
Marches	Marches	Marches	Marches	Marches	Marches	Marches
🗆 Other	🗆 Other	🗆 Other	🗆 Other	🗆 Other	🗆 Other	🗆 Other
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
🗆 Drink Water	🗆 Drink Water	🗆 Drink Water	🗆 Drink Water	🗆 Drink Water	🗆 Drink Water	🗆 Drink Water
Wellness Goal	Wellness Goal	Wellness Goal	Wellness Goal	Wellness Goal	Wellness Goal	Wellness Goal
Nutrition Rating	Nutrition Rating	Nutrition Rating	Nutrition Rating	Nutrition Rating	Nutrition Rating	Nutrition Rating
$ \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ \circ \bigcirc \bigcirc \bigcirc \circ \circ \circ \circ $	$ \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \circ \circ \bigcirc \bigcirc \circ \circ \bigcirc \bigcirc \circ \circ \circ \bigcirc \bigcirc \bigcirc \circ \circ \circ \bigcirc \bigcirc \circ \circ \circ \bigcirc \bigcirc \circ \circ$	$ \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ \circ \bigcirc \bigcirc \bigcirc \circ \circ \circ \bigcirc \bigcirc \circ \circ \circ \circ \bigcirc \bigcirc \bigcirc \circ \circ$	$ \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \circ \circ \circ \bigcirc \bigcirc \circ \circ \circ \circ \bigcirc \bigcirc \circ \circ$	$ \bigcirc \circ \circ \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ \circ \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ$	$ \bigcirc \circ \circ) \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ) \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \circ \circ) \bigcirc \bigcirc \bigcirc \bigcirc$	$ \bigcirc \circ \circ) \bigcirc \hline - \circ \circ \circ) \bigcirc \\ \bigcirc \circ) \bigcirc \\ 0 \circ) \circ) \circ \\ 0 \circ) \circ) \circ \\ 0 \circ) \circ \\ 0 \circ) \circ) \circ $

One thing I'm proud of this week in my health and wellness:

Squats – 15 repetitions



Push Ups – 5 repetitions



Plank – 20-30 second hold



www.gigisplayhouse.org

Bridges – 10 repetitions



Tilts – 20 tilts, alternating each side



Marches – 20 repetitions, alternating each side



COPYRIGHT © 2023 GIGI'S PLAYHOUSE, INC. ALL RIGHTS RESERVED