Month:_____

MOVEMENT MATTERS™

MOVEMENT ↓ 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	29	30	31	
Walking for __ minutes																																
Stand - Move - Reset																																
Heel and Toe Raises																																
Standing Knee Raises																																
Standing Body Twist																																
Sit to Stand																																
																																TOTAL
Daily score(# of checks)																																

Calculate Movement Score

Month:_____

Total:_____ / Number of Days:_____

Monthly Movement Score = _____

Scan here to download this movement tracker

How did you do?

6 + = Awesome	3 = OK
5 = Great	2 = Be better next month
4 = Good	1 = Oops!

KINETIC KONNECTION®
THE BRACING & COMPRESSION EXPERTS®

Life moves better when you do