

MOVE FOR 10

Find out more at
thisgirlcan.co.uk/movefor10

THIS
GIRL
CAN

MOVE
FOR 10

PROGRESS TRACKER

HOW TO USE

Log each of your 10 minute activities in one of the boxes below, along with how you feel after moving. Track your progress as you move through the month - **enjoy!**

Notes: Activity I enjoy, goals I want to set, etc...

NEED IDEAS FOR YOUR 10?



1

THE FIRST STEP

Activity:

Mood: 😊 😊 😊 😊 😊

Date:

2

Activity:

Mood: 😊 😊 😊 😊 😊

Date:

3

Activity:

Mood: 😊 😊 😊 😊 😊

Date:

4

Activity:

Mood: 😊 😊 😊 😊 😊

Date:

5

HALFWAY!

Activity:

Mood: 😊 😊 😊 😊 😊

Date:

6

Activity:

Mood: 😊 😊 😊 😊 😊

Date:

7

Activity:

Mood: 😊 😊 😊 😊 😊

Date:

8

NEARLY THERE

Activity:

Mood: 😊 😊 😊 😊 😊

Date:

9

Activity:

Mood: 😊 😊 😊 😊 😊

Date:

10

SMASHED IT!

Activity:

Mood: 😊 😊 😊 😊 😊

Date: