

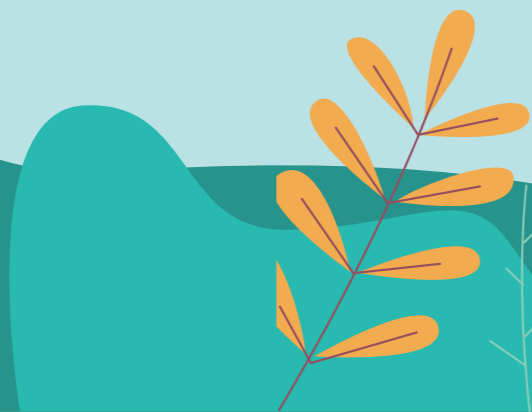
My personal moving more improvement record

My name is:

Why moving is important to me:

My ideas to move more often:

Moving more helps us ...



'sleep better'

'feel better'

'keep my bones and muscles strong'



For more information:

www.capa.scot

[@capaprogramme](https://twitter.com/capaprogramme)

[capaprogramme](https://www.facebook.com/capaprogramme)

Fill in every six weeks

Date	My best handgrip strength score	Best standing balance score	Number of sit to stands	Best 'get up and go' score	Number of falls in the last six weeks	Amount of time spent moving each day in hours and minutes	My health today (a number between 0 and 100. 0 = worst health 100 = best health)	Other measurements (for example step counter)

What I am pleased with:

Other comments:

What would be even better: