

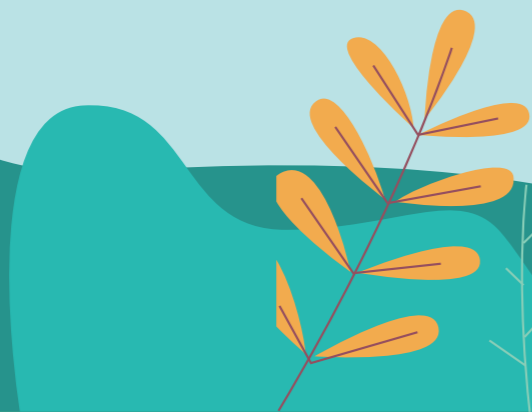
My personal moving more improvement record

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'



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Track your improvement over time. Use our suggestions or your own ideas.

Date	Step counter	Amount of time I can balance on one leg	Number of times I can stand up and sit down in 30 seconds	Number of falls in the last six weeks	Amount of time spent moving each day in hours and minutes	My health today between 0 and 100. (0 = worst health 100 = best health)
		Mins : Secs				
		Mins : Secs				
		Mins : Secs				
		Mins : Secs				
		Mins : Secs				
		Mins : Secs				
		Mins : Secs				

What I am pleased with:

Other comments:

What would be even better: