

Movement Snack Worksheet



Use this worksheet to track your movement snacks for a full week. Before you begin each day, think about how you might incorporate movement into your day and reduce or break up overall sedentary time.

At the end of each day, reflect on your day and how incorporating movement snacks made you feel. Did you notice any changes in your energy levels, mood or productivity? What challenges did you encounter, and how did you overcome them?

 Day 1 Date:

Time of Day	Activity	Duration of Activity	Notes

Total Time “Snacking”:

Daily Reflection:

 Day 2 Date:

Time of Day	Activity	Duration of Activity	Notes

Total Time “Snacking”:

Daily Reflection:

Movement Snack Worksheet (continued)



 Day 3 Date: _____
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Time of Day	Activity	Duration of Activity	Notes

Total Time “Snacking”:

Daily Reflection:

 Day 4 Date: _____
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Time of Day	Activity	Duration of Activity	Notes

Total Time “Snacking”:

Daily Reflection:

Movement Snack Worksheet (continued)



 Day 5 Date: _____

Time of Day	Activity	Duration of Activity	Notes

Total Time "Snacking": _____

Daily Reflection: _____

 Day 6 Date: _____

Time of Day	Activity	Duration of Activity	Notes

Total Time "Snacking": _____

Daily Reflection: _____

Movement Snack Worksheet (continued)



Day 7

Date:

Time of Day	Activity	Duration of Activity	Notes

Total Time “Snacking”:

Daily Reflection:

Weekly Summary

At the end of the week, **review your progress** by summarizing how much time you spent performing movement snacks each day.

Total Time Spent “Snacking” This Week:

What trends or patterns did you recognize? Use this information to adjust your goals and plan for the upcoming week.



Remember to keep this worksheet somewhere accessible so you can easily track your daily movement snacks. Celebrate your progress and stay motivated to prioritize movement throughout your day!