



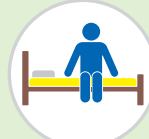



USE CHECK MARKS ✓ TO  
**TRACK YOUR PROGRESS!**


	<b>Eating</b> Which mealtimes were you in a chair? <small>B = Breakfast L = Lunch D = Dinner</small>	<b>My Movement Goal</b>	<b>Times I Moved Today</b> For example, getting up to walk, going to the toilet, getting up to complete grooming, etc.
			   
<b>DAY 1</b> Date:	<input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D	___ times	✓
<b>DAY 2</b> Date:	<input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D	___ times	
<b>DAY 3</b> Date:	<input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D	___ times	
<b>DAY 4</b> Date:	<input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D	___ times	
<b>DAY 5</b> Date:	<input type="checkbox"/> B <input type="checkbox"/> L <input type="checkbox"/> D	___ times	

**Have you moved today?**

**Level A1**




**Level A2**




If you are able to walk on your own (**Level A1**) or need some help (**Level A2**):

- Try to do at least three moving activities each day.
- Exercise with volunteers, visitors, and on your own as advised by your team.

**Level B**



**Level C**



If you are able to stand up and turn to sit on a chair (**Level B**) OR need help to get out of bed (**Level C**):

- Move with assistance as advised by your team
- Get up to a chair 1-3+ times each day