

Tracking Sheet Instructions for July 2018 Movement Challenge

Use the calendar below to track each time you do at least 2 minutes of movement throughout the day. Your goal will start out with 4 times per day and then once you have developed a habit, the last weeks' goal will be 10 times per day for a least 2 minutes.

Throughout the challenge you will be provided with tips and tricks on what to do to add more movement into your day. This will include specific office and chair ergonomics, exercise and stretches, chair stretching routine, and mobility techniques that all can be easily done at your desk.

Day 1 (June 29th): Is the day to get your office set up to better support your body throughout the day. We will go over office and chair ergonomics and what you can do to change up your space to support your body.

Week 1 (July 2nd -6th): This week you will discover specific exercise and stretching techniques you can easily utilize to gain more movement into your day and that will be effective in maintaining or decreasing those little aches and pains.

Week 2 (July 9th-13th): You will be presented with a chair stretching routine that you can utilize in your office chair for a small break. This weeks' goal is to move 6 times throughout the day. Incorporate this new chair stretching routine and the past weeks exercises and stretches for more variety.

Week 3 (July 16th-20th): This week you will discover mobility ball techniques that can support your body, and ease tension and pain. If you discover that this isn't your favorite technique, that's okay. Some really enjoy it and others refuse to do it. Give it a chance to see the benefits. If you choose to do something else this week, just mention it on the calendar. Combine all three techniques to add variety and move 8 times throughout the day.

Week 4 (July 23rd-27th): You have developed a habit by this time and now it is time to use all that you have learned in combination with each other and move 10 times throughout the day.

You will also see on the calendar a space at the bottom labeled with each week. What you will put there is notes on how the day went, feelings of what you're experienced, and if you are experiencing less pain. This is here for you to really tune into your body and listen to what it is telling you.

You don't have to do every exercise or stretch presented, pick ones you will enjoy and just move for 2 minutes.

Make it a goal to start moving for 2 minutes for every 30 minutes you sit! In an 8 hour day that is 16 times.

July 2018 Movement Challenge

Name: _____

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Office & Chair
Ergonomics

30

Day 1
___/

1	2 Movement 4 x/day	3 Movement 4 x/day	4 Movement 4 x/day	5 Movement 4 x/day	6 Movement 4 x/day	7 Week 1 ___/20
8	9 Movement 6 x/day	10 Movement 6x/day	11 Movement 6x/day	12 Movement 6x/day	13 Movement 6x/day	14 Week 2 ___/30
15	16 Movement 8 x/day	17 Movement 8 x/day	18 Movement 8 x/day	19 Movement 8 x/day	20 Movement 8 x/day	21 Week 3 ___/40
22	23 Movement 10 x/day	24 Movement 10 x/day	25 Movement 10 x/day	26 Movement 10 x/day	27 Movement 10 x/day	28 Week 4 ___/50

Week 1: _____
 Week 2: _____
 Week 3: _____
 Week 4: _____

