

# My progress: keeping as active and independent as I can

My name is:

Why being active is important to me:

What can I do to be even more active?

## Moving more helps us ...

'sleep better'

'feel better'

'stay steady on our feet'

'keep bones and muscles strong'

Progress: Use this sheet to track how you are getting on.  
This can also be helpful as you build back your abilities after a spell in hospital.

Name of activity or goal:	The date I started:	How I am getting on:
<i>Example:</i> I want to get back to walking down to get the paper. I miss the chat down at the shop.	June 1	I got one of those step counters and I am up to 1300 steps a day, this is a big improvement. I want to aim for 2500, then my daughter is going to walk with me down to the shop. There's a bench outside I can sit on. I am now standing up and walking around during the ad breaks - this helps me keep mobile and strong.

What I am pleased with about my progress:

What would be even better?

