

Movement Week Log

Health behaviour change · Use: home · Cockpit segment 5

How Tayla's sheet was filled in. Day 1 planned together; the rest filled in at home. Any movement counts.

Plan for the week

- Walk Milo on Tuesday and Saturday with music on. Walking to the shops counts too.

One line a day

Day	When	What I did	Minutes	How I felt after
Tue	10 am · 3 pm	Walked Milo, music on (planned together) · walked to the shops	10 + 15 = 25	Hard to get going. OK once I was out.
Wed	9 am	Walked to the bus stop (counts too)	5	Quiet day. That's OK.
Thu	4 pm	Bins out and tidied my room, music on	10	Music made it easier.
Fri	11 am	Walked to my friend's place (she invited me)	10	Nice to see her.
Sat	10 am	River track with a friend. Milo came too.	20	Best day. Want to do it again.
Sun	—	No walk today. Didn't feel like it.	0	No blame. Just notice what got in the way.
Mon	10 am	Walked Milo. Mum reminded me.	10	Getting a bit easier.

My week

- Total: about 80 minutes. Next week: keep the Tuesday and Saturday walks.
- Helped: music, or a friend. Got in the way: days with no plan.

Self-monitoring is a standard behaviour change tool. Mindspan house sheet MI 04, original text and layout.

If this topic brings something up for you, pause and look after yourself. In crisis or feeling unsafe, call 000. 24/7 support: Lifeline 13 11 14 · Beyond Blue 1300 22 4636.