



Conquering Cancer™

The background of the lower half of the image is a wooden surface covered with various items related to health and fitness. In the top left, there are grey sneakers with yellow laces. Next to them is a white resistance band. To the right are two red dumbbells. Below the dumbbells is a yellow jump rope with an orange cord. A smartphone with a black screen lies in the center. In the bottom left corner, there are blueberries, a banana, and a red apple. In the bottom right corner, there are lemons and green grapes.

Movement Motivator & Exercise Tracker

Make physical activity part of
your daily routine

Exercise Categories



1 | Strength Training

weight loading (ie lifting weights) and/or weight bearing exercises (ie any activity in which you hold yourself up against gravity). Any activities that strengthen and build lean, active muscle.

Examples - Weight lifting, lunges



2 | Aerobic Training

Any activity that you do for more than a few minutes at a time is aerobic training. Movement that increases your breathing rate.

Examples - Walking, jogging, dance



3 | Balance & Stability Training

Movement that focuses and improve your balance and stability

Example - Yoga, Qi Gong, T'ai Chi



4 | Coordination/Agility Training

Agility is the ability to move quickly and easily, but this type of fitness training isn't just for athletes. It also helps prevent falls and injuries by improving your reflexes, coordination and focus.

Examples - Agility ladders, shuttle runs, tennis



5 | Flexibility/Mobility Training

Flexibility is the ability of your muscles to stretch. Mobility is being able to move your joints and tissues through their full range of motion

Examples - Yoga, pilates

MOTIVATION AND TIPS FOR SUCCESS

Reinstate an old exercise habit

Think like an athlete and make it easy on yourself

Set a realistic goal - use the attached SMART goal planner

Treat yourself (if I do X, then I can ...)

Have fun and do a variety of activities

Reach out to others for support and/or find a workout buddy

WHAT ARE SMART GOALS?

S

**Specific
Significant**

Clear and specific, so you are able to focus your efforts and feel truly motivated.

Answer the five "W" questions (if applicable):

- What do I want to accomplish?
- Why is this goal important?
- Who is involved?
- Where is it located?
- Which resources or limits are involved?

M

**Measurable
Meaningful**

It is important that you can track your progress and stay motivated. This helps you to stay focused. A measurable goal should address questions such as:

- How much?
- How many?
- How will I know when it is accomplished?

A

**Attainable
Achievable
Action-Oriented**

Your goal needs to be attainable/achievable. It should be challenging but still possible. An achievable goal will usually answer questions such as:

- How can I accomplish this goal?
- How realistic is the goal, based on other constraints (ie time)?

R

**Realistic
Rewarding**

Ensure that your goal matters to you and it is practical and planned so it is easy to implement in real life. A realistic goal can answer "yes" to:

- Does this seem worthwhile?
- Can I find a way to fit this into my life?

T

**Time Bound
Trackable**

Every goal needs a deadline to focus on and to work toward. This helps to prevent everyday tasks from taking priority over your longer-term goals. A time-bound goal will have a set date for completion.

WHAT IS YOUR SMART GOAL IN RELATION TO MOVEMENT?

S

Specific

M

Measurable

A

Achievable

R

Realistic

T

Time Bound

**Fill in your
movement goals
for the next 7
days and repeat**

7 DAY HABIT TRACKER

[illegible][illegible][illegible]

Track your mood
after any physical
activity for the
next 7 days

DAILY MOOD TRACKER

Day & Date	M	T	W	T	F	S	S	
------------	---	---	---	---	---	---	---	--

Today I Am Feeling:

Happy	
Proud	
Worried	
Fearful	
Humiliated	
Hurt	
Sad	
Frustrated	
Anxious	
Grateful	

Flat	
Stressed	
Vulnerable	
Guilty	
Jealous	
Excited	
Overwhelmed	
Disgusted	
Regretful	
Lonely	

Ashamed	
Hopeful	
Embarrassed	
Disappointed	
Loved	
Optimistic	
Neglected	
Sceptical	
Exhausted	
Strong	

Why Am I Feeling These Emotions

--

4 WEEK HABIT TRACKER



Week 1	M	T	W	T	F	S	S
Habit, Task Or Commitment							

Week 2	M	T	W	T	F	S	S
Habit, Task Or Commitment							

Week 3	M	T	W	T	F	S	S
Habit, Task Or Commitment							

Week 4	M	T	W	T	F	S	S
Habit, Task Or Commitment							

DAILY TASK TRACKER



WEEK STARTING:

	Daily Task	✓
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

7 DAY TRACKER



WEEK STARTING:

Habit, Task Or Commitment	M	T	W	T	F	S	S

21 DAY HABIT TRACKER



For 21 Days I Am Committed To:

Day	✓	Feelings & Observations
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		

21 DAY HABIT TRACKER



Habit, Task Or Commitment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

REFLECTIONS



DATE :

Today I Felt

Today I Accomplished

Today I Am Proud Of

Today I'm Letting Go Of

Today's Lesson

Tomorrow I Will

RESULTS REVIEW



How Do I Feel About My Results?

What Worked Well?

What Could I Improve?

What's My Focus & Intention Now?

MONTHLY REFLECTIONS



MONTH:

Key Achievements

Key Learnings

Key Priorities For Next Month

NOTES



Date: