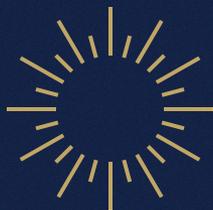


ACTIVE AGING

FITNESS AND WELLNESS

Journal



A DAILY TRACKER TO STAY FOCUSED, BUILD HEALTHY HABITS,
AND TRACK YOUR PROGRESS

WELCOME & HOW TO USE THIS JOURNAL

Welcome

We're so glad you've chosen the **ACTIVE AGING: FITNESS AND WELLNESS JOURNAL** as part of your journey toward staying active, independent, and well. This journal was created with you in mind to support your goals, encourage daily movement, and celebrate the small victories that lead to lasting health.

Aging well is about more than just exercise. It's about staying engaged, listening to your body, and building habits that support your strength, balance, flexibility, and confidence.

AS WE AGE, STAYING PHYSICALLY ACTIVE PLAYS A MAJOR ROLE IN MAINTAINING OUR MOBILITY, INDEPENDENCE, AND QUALITY OF LIFE. WHETHER YOU'RE JUST STARTING A NEW ROUTINE OR LOOKING TO STAY CONSISTENT WITH EXISTING HABITS, THIS JOURNAL HELPS YOU:

KEEP TRACK OF YOUR DAILY PHYSICAL ACTIVITY

BUILD AWARENESS OF HOW YOUR BODY FEELS OVER TIME

DEVELOP CONSISTENT HABITS AROUND MOVEMENT, HYDRATION, AND SELF-CARE

REFLECT ON WHAT'S WORKING AND WHAT YOU'D LIKE TO IMPROVE

TIPS FOR GETTING THE MOST OUT OF YOUR JOURNAL

Progress happens over time. Even a few minutes of movement each day can make a difference.



BE CONSISTENT, NOT PERFECT

WRITE HONESTLY AND REGULARLY



Use the daily and weekly pages to track how you're doing physically, emotionally, and mentally.

Use the prompts to notice patterns, celebrate progress, and set new goals at your own pace.



REFLECT AND ADJUST

TRACK MORE THAN EXERCISE



This journal helps you track activity level, sleep, mood, and other important wellness habits.

Bring your journal to appointments your healthcare provider may find it helpful when reviewing your progress.



TALK TO YOUR CARE TEAM

WE'RE HERE TO ENCOURAGE YOUR JOURNEY NOT TO DEMAND PERFECTION. USE THIS SPACE TO STAY FOCUSED, INSPIRED, AND IN CONTROL OF YOUR WELL-BEING. YOU'RE DOING SOMETHING POWERFUL BY SHOWING UP FOR YOURSELF.

EVERY PAGE IS A STEP FORWARD.

EMERGENCY CONTACT INFORMATION

NAME:		NOTES:
RELATIONSHIP:		
PHONE NUMBER:		

NAME:		NOTES:
RELATIONSHIP:		
PHONE NUMBER:		

NAME:		NOTES:
RELATIONSHIP:		
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DOCTOR APPOINTMENT TRACKER

DOCTOR/CLINIC NAME: 	DATE: / /
PURPOSE:	NOTES:

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PURPOSE:	NOTES:

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YOUR WELLNESS COMMITMENT

BEFORE WE START, TAKE A MOMENT TO THINK:

WHAT WOULD BEING STRONGER AND MORE MOBILE ALLOW YOU TO DO?

HOW WOULD YOU FEEL IF DAILY ACTIVITIES BECAME EASIER?

WHAT IS ONE SMALL GOAL YOU WANT TO ACHIEVE THIS MONTH?

Exercising is not just about movement-It's about enhancing your life. Whether it's walking without pain, playing with grandkids, or staying independent, every small effort matters. Let's take the first step together

SETTING UP A SAFE EXERCISE SPACE

TO CREATE A SAFE AND COMFORTABLE WORKOUT ENVIRONMENT:

CLEAR CLUTTER:

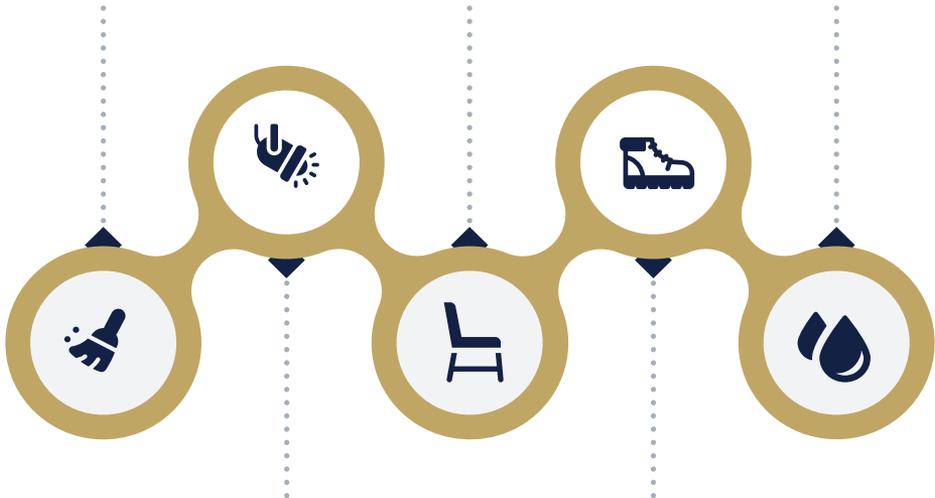
Remove rugs, cables,
& furniture that could cause
tripping.

USE A STURDY CHAIR:

For seated exercises or
balance support

STAY HYDRATED:

Keep a bottle of
water nearby.



CHOOSE A WELL-LIT AREA:

Ensure proper lighting
to see clearly.

WEAR NON-SLIP SHOES:

Prevent slips with
proper footwear

SAFETY TIPS FOR EXERCISING AT HOME

- START SLOW AND LISTEN TO YOUR BODY
- STOP IMMEDIATELY IF YOU FEEL DIZZY OR IN PAIN
- USE A CHAIR OR WALL FOR BALANCE
- BREATHE STEADILY AND AVOID HOLDING YOUR BREATH
- CONSULT YOUR DOCTOR BEFORE BEGINNING NEW EXERCISES

SMART GOAL SETTING FOR MOTIVATION

Setting SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound) can help you stay on track and make exercise a habit. Here's how to set an effective goal:

**SPECIFIC:**

I will walk for 10 minutes every day.



RELEVANT: Walking will help me improve my endurance and mobility.

**MEASURABLE:**

I will increase my walking time by 1 minute every week.

**TIME-BOUND:**

I will achieve my 20-minute walking goal within two months.

**ACHIEVABLE:**

I will start with 10 minutes and gradually build up.

EXAMPLES OF SMART GOALS FOR SENIORS:

I will do 3 sets of 10 repetitions of seated leg raises every morning for the next four weeks to improve my strength.

I will perform chair squats 10 times a day, five days a week, for one month to improve my ability to transfer from low surfaces.

I will practice deep breathing exercises every morning for the next two weeks to improve relaxation and focus.

BY SETTING SMALL, REALISTIC GOALS, YOU'LL STAY MOTIVATED AND COMMITTED TO YOUR FITNESS JOURNEY!

WELLNESS GOAL



MY TOP 3 WELLNESS GOALS

Helps define meaningful goals

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MY MOTIVATION FOR STAYING ACTIVE

Encourages reflection and commitment



MY STRENGTH & BALANCE GOALS

Specific to rehabilitation or wellness training



HABITS I WANT TO BUILD

Build consistency in wellness

HABIT	FREQUENCY	NOTES
	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly	
	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly	
	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly	
	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly	
	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly	

SHORT-TERM GOAL

GOAL 1	ACTION PLAN
WHY:	START DATE: / / <input type="checkbox"/> ACHIEVED
GOAL 1	ACTION PLAN
WHY:	START DATE: / / <input type="checkbox"/> ACHIEVED
GOAL 1	ACTION PLAN
WHY:	START DATE: / / <input type="checkbox"/> ACHIEVED

LONG-TERM GOAL

WEALTH GOAL

HEALTH GOAL

SPIRITUALITY

FAMILY/LOVE

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Changes I noticed this month in my...

STRENGTH	BALANCE	ENERGY



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PROGRESS SYMBOLS GUIDE: ✓ = COMPLETED ○ = PARTIAL ✗ = SKIPPED

WEEKLY REFLECTION

WHAT WENT WELL THIS WEEK?

CHALLENGES I FACED...

SUCCESSES TO CELEBRATE...

--	--

WHAT SUPPORT OR CHANGES DO I NEED NEXT WEEK?

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MONTHLY CHECK-IN

HOW MANY DAYS DID YOU USE YOUR JOURNAL THIS MONTH?

DAYS TRACKED: _____											01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



NOTABLE CHANGES

Changes I noticed this month in my...

STRENGTH	BALANCE	ENERGY



REVISIT YOUR GOALS

Are your goals still relevant? Revise if needed.

ORIGINAL GOALS

REVISED GOALS

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30-SECOND SIT-TO-STAND TEST INSTRUCTIONS

1

Place the chair against a wall to prevent movement.

2

Sit in the middle of the chair, back straight, feet flat on the floor, shoulder-width apart.



3

Arms should be crossed and held against the chest.

4

Rise to a full standing position and then return to a seated position.

5

Repeat this movement as many times as possible within 30 seconds.

6

Count the number of full stands completed in 30 seconds without using your hand for support



NORMATIVE DATA BY AGE AND GENDER

MEN			
AGE GROUP	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE
60–64	<14	14–19	>19
65–69	<12	12–18	>18
70–74	<12	12–17	>17
75–79	<11	11–17	>17
80–84	<10	10–15	>15
85–89	<8	8–14	>14
90–94	<7	7–12	>12

WOMEN			
AGE GROUP	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE
60–64	<12	12–17	>17
65–69	<11	11–16	>16
70–74	<10	10–15	>15
75–79	<10	10–15	>15
80–84	<9	9–14	>14
85–89	<8	8–13	>13
90–94	<4	4–11	>11

NOTE: SCORES BELOW THE AVERAGE RANGE MAY INDICATE A HIGHER RISK FOR FALLS AND FUNCTIONAL DECLINE.

REFERENCES:

- Shirley Ryan AbilityLab. (2013, May 20). 30-Second Sit to Stand Test. Rehabilitation Measures Database.
- Centers for Disease Control and Prevention. (2017). 30-Second Chair Stand Test. STEADI Initiative.

HOW TO SAFELY GET UP AFTER A FALL: STEP-BY-STEP GUIDE



1

CHECK YOURSELF FIRST

Take a moment to assess how you feel. If you're in pain or think you might be seriously hurt, do not try to get up. Call for help or use a medical alert device.

2

ROLL ONTO YOUR SIDE

If you're not injured, gently roll onto your side. Use the side with your stronger leg to make the movement easier.

3

GET INTO A HANDS-AND-KNEES POSITION

Push yourself up with your arms until you're on your hands and knees. Take your time and breathe steadily.

4

FIND A STURDY SUPPORT

Look around for a firm surface nearby like a chair, couch, or low table that won't slide or tip as you use it to rise.

5

POSITION YOURSELF TO STAND

Place both hands on the stable surface. Bring one foot forward, flat on the floor, to get into a half-kneeling position.

6

STAND UP SLOWLY

Use your hands and legs to push up into a standing position. Go slowly to maintain balance.



7

DON'T RUSH

Once on your feet, take a moment before walking. Moving too quickly could cause dizziness or another fall.

8

CHECK YOUR STABILITY

Before walking away, pause to see if you feel steady. If you feel lightheaded or off balance, sit down again carefully.

9

CALL FOR HELP IF NEEDED

If you can't get up, or feel unsure, ask someone for assistance or call emergency services.





YOUR COMPLETE WELLNESS JOURNAL

Stay organized, motivated, and on track with this all-in-one wellness journal. Perfect for managing your health, setting goals, and building healthy habits.

INSIDE YOU'LL FIND:

- Doctor appointment & medication trackers
- Weekly exercise logs (52 weeks)
- Monthly wellness check-ins
- SMART goal and sleep trackers
- Emergency contacts & safety tips
- Practical guides like fall recovery and sit-to-stand tests
- Space for notes, passwords, and more

Whether you're starting your wellness journey or maintaining progress — this journal is your daily health companion.

STANLEY OCTAVIUS, DPT, ATC.