

# Joint Health & Movement Tracker

This tracker is intended to help you see changes in your joint comfort and mobility over time. For accurate comparisons, try to fill this out on the same day and at the same time each week.

## Timed Walk Test

Using a fitness tracker or treadmill and a timer, walk for 6 minutes and cover as much ground as possible. Walk continuously, but do not be concerned if you need to slow down or stop to rest. The goal is to feel at the end of the test that more ground could not have been covered in the 6 minutes.

TODAY

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

## Notes

Use this section to document notable experiences, or days of missed supplement use, excessive exercise, etc.

---

---

---

---

---

---

## Joint Comfortability Scale

Reflecting on your daily activities and exercise, place a checkmark to indicate how comfortable your joints feel.

1= Extremely uncomfortable 5 = Very comfortable	1	2	3	4	5
Today					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

## Confidence Scale

Paying special attention to your joints, how confident do you feel in your ability to participate in physical movement?

1= Not confident at all 5 = Very confident	1	2	3	4	5
Today					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					