

Daily Mobility Tracker for Seniors

Track your daily mobility exercises and progress

Week of: _____

Mobility Goals

- â Complete 15-minute routine daily
- â Focus on balance exercises
- â Stretch all major joints
- â Practice pain-free movements

Morning Assessment

Neck Mobility: â Good â Stiff â Painful

Shoulder Mobility: â Good â Stiff â Painful

Hip Mobility: â Good â Stiff â Painful

Knee Mobility: â Good â Stiff â Painful

Exercise Log

Day | Neck | Shoulders | Hips | Knees | Ankles | Balance | Notes

Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Rating Scale: 1-5

1 = Very stiff/painful | 3 = Moderate | 5 = Excellent mobility

Weekly Progress Notes

What improved this week: _____

Areas to focus on: _____

Goals for next week: _____

Helpful Tips

1. Warm up for 3 minutes before starting
2. Breathe deeply during all movements
3. Move within your pain-free range
4. Hold stretches for 15-30 seconds
5. Stay hydrated throughout the day
6. Consistency is more important than intensity
7. Use a chair for support if needed
8. Stop if you feel sharp pain

Joint Exercises Checklist

- â Neck rolls - 10 each direction
- â Shoulder circles - 10 forward, 10 backward
- â Arm crosses - 10 each side
- â Hip openers - 30 seconds each side
- â Knee bends - 10 repetitions
- â Ankle circles - 10 each direction
- â Standing balance - 30 seconds
- â Marching in place - 1 minute

* Vitals Health - Daily Mobility Tracker for Seniors