How Are My Activities Moving Me?

Hours per week	ACTIVITY	WITH OTHER KIDS	STRUCTURED	UNSTRUCTURED	INDOORS	OUTDOORS	EYES: UP CLOSE	EYES: VARIED/DISTANCE	FIXED ARM POSITION	GRIP STRENGTH	ACCURACY - THROW/KICK	ARM HANGING	THIGHS FORWARD	THIGHS BACK	BODY WEIGHT BEARING	JUMPING	BALANCE CHALLENGE	STIFF, FLEXED SPINE	DYNAMIC SPINE	MOSTLY SEATED	HEART/LUNG MOVES	FINE MOTOR

MY ACTIVITIES ARE MOVING ME MOST IN THESE WAYS:

NONE OF MY ACTIVITIES ARE MOVING ME IN THESE WAYS:

ACTIVITIES THAT COULD BALANCE MY MOVEMENT DIET:

© Katy Bowman #GrowWildBook @nutritiousmovement