

5-Minute Morning Mobility Tracker

By Sam Busy Fitness

Purpose: Track how your body feels after your daily 5-minute stretch and see progress in flexibility, energy, and comfort.

How to Use:

1. Spend 5 minutes each morning doing light stretches.
2. Record your time and how your body feels afterward.
3. Review weekly to notice patterns or improvements.

Date	Minutes Stretched	Energy Level (1–5)	How You Felt After	Notes / Stiff Areas
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Quick Reminders:

Even 3–5 minutes daily improves mobility and alertness.
Morning movement boosts circulation by up to 10%.
Keep the tracker near your bed or coffee area for easy habit-building.