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D2.1 Toolkit for Inclusive Physical Literacy, module 7 of 10

Tracking and reflective journals

A short daily note of what you did and how you felt, and a weekly look back to plan your next small step.



Project reference	101239131
Programme	Erasmus+ Sport, small-scale partnerships
Work package	WP2, led by MOBAD (Mobile Adventure), Poland
Edition	1.0, 30 September 2026
Level	Public

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Module 7 of 10

Tracking and reflective journals

A short daily note of what you did and how you felt, and a weekly look back to plan your next small step.

In this module

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Read or listen on your phone

This module helps you keep going. A short note each day shows you what you have done. A few questions once a week help you plan your next step.

You can fill them in on your phone or on paper.

Your answers are saved only on this phone or computer. They are not sent to anyone. If other people use it, delete your answers when you finish.

1 Progress log

Writing down what you do helps you see your progress. Many people do more than they think.

Each day, write a few words about what you did and for how long. Note how you felt, your energy and what got in the way. It takes about a minute.

My week
A short note each day: what you did, how you felt, your energy and what got in the way.
About 1 minute a day **Form on page 4**

A day with no activity is fine. Everyone has days like that. Start again the next day.

2 Reflection prompts

Once a week, take a few minutes to look back.

What went well? What got in the way? What helped you?

Celebrate your small wins. One walk is a win.

Then choose your step for next week. If it was hard, make it smaller. If it was easy, add a little.

Looking back
A few questions to look back on your week, notice your small wins and choose next week's step.
About 5 minutes, once a week **Form on page 7**

After 3, 6 and 12 months, check your progress (vitality.sports4.eu/toolkit/follow-up/#re-assessment) and see what has changed.

Form

My week

A short note each day: what you did, how you felt, your energy and what got in the way.

About 1 minute a day

Fill it in on your phone

Fill it in each day. Writing it down helps you see what you have done. Many people do more than they think.

What did I do? For example: a 10-minute walk, or dancing while I cooked.
Did anything get in the way? You can leave this empty.

Monday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Tuesday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Wednesday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Thursday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Friday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Saturday

Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

Sunday Today's date

What did I do?

For how many minutes? minutes

Did I do my small step?

☐ Yes ☐ Partly ☐ Not today

How did I feel?

☐ Good ☐ OK ☐ Not good

How was my energy?

☐ High ☐ Medium ☐ Low

Did anything get in the way?

A day with no activity is fine. Everyone has days like that. Start again tomorrow.

At the end of the week, fill in Looking back (page 7).

Form

Looking back

A few questions to look back on your week, notice your small wins and choose next week's step.

About 5 minutes, once a week

Fill it in on your phone

Look at your week. There are no right or wrong answers.

This week

What went well this week?

A small win I am proud of

What got in the way?

What helped me?

Next week

What will I do with my small step?

- [ ] Keep it the same
- [ ] Make it smaller
- [ ] Make it a little bigger
- [ ] Try something new

My small step for next week

Be kind to yourself

Something kind I can say to myself

For a bigger change, fill in My goals (vitality.sports4.eu/toolkit/forms/goal-setting) again.

After 3, 6 and 12 months, check your progress (vitality.sports4.eu/toolkit/follow-up/#re-assessment).

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Toolkit for Inclusive Physical Literacy

Simple ways for women to move more, at home and together

Open the toolkit on your phone

vitality.sports4.eu/toolkit

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Deliverable	D2.1 Toolkit for Inclusive Physical Literacy
Project	VITALITY: Strengthening Disadvantaged Women's Health and Resilience via Culturally Adapted Physical Activity Toolkit
Project reference	101239131
Edition	1.0, 30 September 2026
Website	vitality.sports4.eu

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