

## **Body Maintenance Log: Daily Wear & Tear Tracker**

### **1. Neck & Shoulders**

- ☐ Any tension/stiffness during the shift?
- ☐ Did you rotate/stretch your neck at least once?
- ☐ Any zapping pain or limited range?

### **2. Hands & Wrists**

- ☐ Grip feel normal throughout the day?
- ☐ Any numbness, tingling, or soreness?
- ☐ Did you alternate hands for heavy tasks?

### **3. Lower Back**

- ☐ Any tightness or strain after bending/lifting?
- ☐ Did you squat instead of hunch at least once?
- ☐ Is the pain sharp, dull, or not present?

### **4. Knees & Feet**

- ☐ Any clicking, locking, or instability?
- ☐ How did your boots feel — supportive or worn?
- ☐ Any swelling or soreness at the end of the day?

### **5. Energy Check**

- ☐ Felt steady all day
- ☐ Needed multiple breaks
- ☐ Running on fumes