



today's MOVEMENT MENU



MOVEMENT SHOULD FEEL GOOD, NOT LIKE A CHORE.

♥ HOW ARE YOU FEELING TODAY?

DATE: _____



ENERGETIC



GOOD



OKAY



TIRED



STRESSED



SORE

REMEMBER:

You get to choose
what feels right
for you today. ♥

☀ CHOOSE 1-3 OPTIONS TODAY ☀

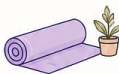
WALK ♥



fresh air,
clear mind,
strong body

☐

YOGA ♥



connect,
breathe,
and flow

☐

STRENGTH



build strength,
support your body

☐

STRETCHING ♥



improve mobility,
reduce tension

☐

BIKE ♥



ride, explore,
feel free

☐

SWIM



low impact,
high reward

☐

DANCE



move to the music,
lift your mood

☐

SOMETHING ELSE



your movement,
your way

☐

MY MOVEMENT GOAL ♥

What do I want to achieve?

.....

.....

.....

.....

I WILL MOVE FOR... ♥

- ♥ My physical health
- ♥ My mental health
- ♥ More energy
- ♥ Confidence
- ♥ Stress relief
- ♥ Me
- ♥ _____

NOTES / HOW I FEEL ♥

How did my movement
make me feel?

.....

.....

.....

.....



Every little bit counts. Every time you show up for you, you win. ♥ ☀

