



03 MOVEMENT

Pause and Reflect

How often do you currently engage in physical activity?

What types of exercise do you enjoy or have enjoyed in the past?

What physical and mental benefits do you hope to achieve through regular movement?

Why is it important for you to incorporate movement into your daily routine?

What obstacles have prevented you from exercising consistently in the past?

What strategies can you use to overcome these obstacles?

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Creating a Routine

Decide on a schedule for incorporating movement into your week. For example, 5 short walks and 2 yoga sessions.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

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Activity Journal

Track your movement for the week:

Date:	Type of Activity: _____	Duration: _____
	Mood before activity: _____	Mood after activity: _____
	Energy levels: _____	Stress levels: _____

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Reflect on the impact of your new movement practices.

How did incorporating regular movement affect your mood, energy levels, and stress?

What did you enjoy most about the new activities?

What challenges did you face, and how did you overcome them?

How do you plan to continue and build upon these practices in the coming weeks?