7-DAY MOVEMENT CHALLENGE

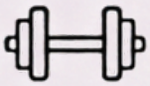
7 DAYS. 7 SMALL WINS. ONE STRONGER YOU.

Movement doesn't have to be perfect to count.

1 

DAY 1 – JUST START

Take a 20-minute walk. ☐

2 

DAY 2 – BUILD STRENGTH

Complete a 15-minute full-body strength workout. ☐

3 

DAY 3 – MOVE & MOBILIZE

Enjoy 10 minutes of gentle stretching. ☐

4 

DAY 4 – PICK UP THE PACE

Walk for 21 minutes, alternating 2 minutes brisk and 1 minute easy. ☐

5 

DAY 5 – FEEL STRONG

Complete a 15-minute legs and core workout. ☐

6 

DAY 6 – MOVE YOUR WAY

Choose 20–25 minutes of movement you enjoy. ☐

7 

DAY 7 – RECOVER & REFLECT

Enjoy 10–15 minutes of gentle movement and reflection. ☐

MY 7-DAY REFLECTION

1. My favorite way to move:

2. My biggest win:

3. One habit I'll continue:

CONSISTENCY IS BUILT ONE CHOICE AT A TIME.