

My Movement Journal

A non-judgmental space to celebrate how you moved your body today.

💡 **Quick Tip:** There are no 'zero' days here. A 2-minute stretch while the kettle boils counts just as much as a 20-minute walk. Fill this in whenever it feels helpful! It is a great way to notice patterns in how your body responds to movement, celebrating your consistency along the way.

Date / Time	What Movement I Explored (e.g., walk, chair stretch)	How Much I Did (e.g., 5 mins, 1 set)	How My Body Felt / Reflection (e.g., relaxed, a bit tender)
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Weekly Reflection & Gentle Wins

What went well this week? What did your body enjoy? (e.g., 'Loved doing my shoulder rolls in the morning', 'Pacing helped me avoid a severe flare-up')