



Move

Create a movement menu instead of an all-or-nothing plan

I want movement to support...

☐ energy

☐ strength

☐ mobility

☐ mood / stress

☐ daily function

5 MINUTES

- Walk
- Mobility / stretch
- Strength
- Dance / play

10-20 MINUTES

- Walk
- Mobility / stretch
- Strength
- Dance / play

LONGER WHEN I WANT

- Walk
- Mobility / stretch
- Strength
- Dance / play

How I want movement to feel

My most realistic movement window

One movement choice I can repeat

What tells me to adjust or stop?