Movement & Recovery

Joyful movement | Explore movement you enjoy and record how it fits your week.

Start with your preferences

Use this planner to organize activity you already know is appropriate for you. It is not an exercise prescription. Ask a qualified professional for individualized guidance.

My movement menu

List activities you enjoy, equipment you have, and places you like to move.

My week at a glance

Day | Activity I choose | Time available | Recovery or rest | How it felt

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A practice log

Activity | What I tried | What felt comfortable | What I want guidance on

Make room for recovery

What does a restful day look like for me? What helps me recharge?

Progress in my words

What helped me feel capable or consistent this week?