

T H E B O D Y P R A C T I C E · 3 0 D A Y S

FETCH

F U E L · E X P L O R E · T R A I N · C A L M · H Y D R A T E

One move a day. The dog already runs them.

L i v e L i k e a D o g

livelikeadogtoday.com



One small move a day. For thirty days.

You don't have to overhaul your whole body. You just have to do today's move.

01

DO THE MOVE

Each day gives you one small practice for the body. Read it in the morning. Do it before the day ends.

02

WRITE IT DOWN

A line or two on the reflection prompt. Not an essay — just what you noticed.

03

LET IT REPEAT

The five moves cycle: Fuel, Explore, Train, Calm, Hydrate. By day 30, they're a rhythm, not a task.

"Fuel. Explore. Train. Calm. Hydrate. That's the whole plan."

FETCH is the body practice.

Five daily moves for the body that carries you. You'll cycle through them all month.



FUEL

Eat for energy.

Protein, color, smart
carbs, good fats. Eat to
run.



EXPLORE

Move every day.

The walk, the adventure,
the new thing. Just go.



TRAIN

*Build strength that
lasts.*

A few days a week,
weights or bodyweight.
Build it now.



CALM

Recover in stillness.

Sleep, breath, one day off.
Rest is the plan.



HYDRATE

Drink like it matters.

Half your bodyweight in
ounces is the rule of
thumb. Carry the bottle.

DAY 1

F E T C H · 0 1 / 3 0



FUEL

Eat for energy.

T O D A Y ' S M O V E

Lean into protein at your biggest meal today — eggs, yogurt, fish, beans, whatever you enjoy. Build around it.

R E F L E C T

How did leading with protein change how full and steady you felt?

DAY 2

F E T C H · 0 2 / 3 0



EXPLORE

Move every day.

T O D A Y ' S M O V E

Take a walk outside today — 20 to 40 minutes, phone down. New route or old, just go.

R E F L E C T

What did you notice on the walk that the phone usually hides?

DAY 3

F E T C H · 0 3 / 3 0



TRAIN

Build strength that lasts.

T O D A Y ' S M O V E

Do 30 minutes of strength today — whole body. Weights or bodyweight, whatever you've got.

R E F L E C T

What felt strong today, and what asked for more work?

DAY 4

FETCH · 04 / 30



CALM

Recover in stillness.

TODAY'S MOVE

Tonight, set your phone to silent or off and aim for 7–9 hours of sleep.

REFLECT

How did the morning feel with your phone quiet overnight?

DAY 5

F E T C H · 0 5 / 3 0



HYDRATE

Drink like it matters.

T O D A Y ' S M O V E

Aim for water today using a simple rule of thumb — about half your bodyweight in ounces. Fill a bottle you like and carry it.

R E F L E C T

Where in the day did you forget — and where did it get easier?

DAY 6

F E T C H · 0 6 / 3 0



FUEL

Eat for energy.

T O D A Y ' S M O V E

Add some color to a meal or two today — vegetables, fruit, whatever's around. The more plants, the better.

R E F L E C T

Which meal felt better with real color on the plate?

DAY 7

F E T C H · 0 7 / 3 0



EXPLORE

Move every day.

T O D A Y ' S M O V E

Get off your usual block today. A longer trail, a new neighborhood, a bigger dose of outside.

R E F L E C T

What did the change of scenery give you?

DAY 8

F E T C H · 0 8 / 3 0



TRAIN

Build strength that lasts.

T O D A Y ' S M O V E

Today's strength: focus on your upper body — however you like to work it, weights or bodyweight.

R E F L E C T

Where did your upper body feel strong, and where did it ask for more?

DAY 9

F E T C H · 0 9 / 3 0



CALM

Recover in stillness.

TODAY'S MOVE

Take five to ten minutes today to just breathe — box, 4-7-8, or any style that settles you. No phone, no agenda.

REFLECT

What shifted in your body after a few quiet minutes?

DAY 10

F E T C H · 1 0 / 3 0



HYDRATE

Drink like it matters.

T O D A Y ' S M O V E

Drink a full glass of water first thing on waking, before coffee.

R E F L E C T

How did starting hydrated change the first hour of your day?

DAY 11

F E T C H · 1 1 / 3 0



FUEL

Eat for energy.

T O D A Y ' S M O V E

Favor whole carbs today — oats, rice, potatoes, fruit — and lean into them around your most active hours.

R E F L E C T

Did fueling around movement change your energy?

DAY 12

F E T C H · 1 2 / 3 0



EXPLORE

Move every day.

T O D A Y ' S M O V E

Try one new way to move today — a new sport, a swim, a bike ride, a dance video. Joy reps count.

R E F L E C T

What new movement surprised you with how good it felt?

DAY 13

F E T C H · 1 3 / 3 0



TRAIN

Build strength that lasts.

T O D A Y ' S M O V E

Today's strength: focus on legs and core — however you like to work them, weights or bodyweight.

R E F L E C T

What did working your foundation today teach you?

DAY 14

F E T C H · 1 4 / 3 0



CALM

Recover in stillness.

TODAY'S MOVE

Take one full rest day from training. Walk only. Let the body recover.

REFLECT

Was resting hard to allow? What did it give back?

DAY 15

F E T C H · 1 5 / 3 0



HYDRATE

Drink like it matters.

T O D A Y ' S M O V E

Drink a glass of water with every meal today. Anchor it to the plate.

R E F L E C T

Did pairing water with meals make hydration automatic?

DAY 16

F E T C H · 1 6 / 3 0



FUEL

Eat for energy.

TODAY'S MOVE

Add a healthy fat to a meal today — avocado, olive oil, nuts, or salmon. A little goes far.

REFLECT

How did a good fat change how satisfied the meal felt?

DAY 17

F E T C H · 1 7 / 3 0



EXPLORE

Move every day.

T O D A Y ' S M O V E

Take a different route on today's walk and actually look around while you move.

R E F L E C T

What did the new path show you that the old one hid?

DAY 18

F E T C H · 1 8 / 3 0



TRAIN

Build strength that lasts.

T O D A Y ' S M O V E

Pick a movement you can measure and challenge yourself with good form — then plan to build slowly.

R E F L E C T

Where can you add a little next time — reps, weight, or range?

DAY 19

F E T C H · 1 9 / 3 0



CALM

Recover in stillness.

TODAY'S MOVE

Give yourself an unhurried wind-down tonight — screens down early, lights low. Protect the last half hour.

REFLECT

What helped you actually wind down tonight?

DAY 20

F E T C H · 2 0 / 3 0



HYDRATE

Drink like it matters.

T O D A Y ' S M O V E

Swap one soda, juice, or extra coffee for plain water today.

R E F L E C T

What did you reach for out of habit — and how did water compare?

DAY 21

F E T C H · 2 1 / 3 0



FUEL

Eat for energy.

TODAY'S MOVE

Eat one meal today with no screen. Slow down, chew, and actually taste it.

REFLECT

What was different about eating with your full attention?

DAY 22

F E T C H · 2 2 / 3 0



EXPLORE

Move every day.

T O D A Y ' S M O V E

Get a real nature dose today — a park, a trail, water, trees. Move through it, don't just look.

R E F L E C T

How did being in nature land in your body and mood?

DAY 23

F E T C H · 2 3 / 3 0



TRAIN

Build strength that lasts.

T O D A Y ' S M O V E

Back to whole-body basics today. 30 minutes, work your whole body — however you like to train.

R E F L E C T

How is the whole-body work starting to feel three weeks in?

DAY 24

F E T C H · 2 4 / 3 0



CALM

Recover in stillness.

TODAY'S MOVE

Give yourself a nap or 15 minutes of true stillness today — without earning it first.

REFLECT

What does it feel like to rest before you're depleted?

DAY 25

F E T C H · 2 5 / 3 0



HYDRATE

Drink like it matters.

T O D A Y ' S M O V E

Spread your water through the day — on waking, with meals, and around workouts and walks.

R E F L E C T

Which time of day do you most often miss — and how can you catch it?

DAY 26

F E T C H · 2 6 / 3 0



FUEL

Eat for energy.

TODAY'S MOVE

Prep ahead today — cook a little extra protein or chop vegetables so tomorrow's fuel is easy.

REFLECT

How does a small bit of prep change the next day's choices?

DAY 27

F E T C H · 2 7 / 3 0



EXPLORE

Move every day.

T O D A Y ' S M O V E

Move purely for play today — no purpose, no metrics, no point but joy.

R E F L E C T

When was the last time you moved just for fun, before today?

DAY 28

F E T C H · 2 8 / 3 0



TRAIN

Build strength that lasts.

T O D A Y ' S M O V E

Progress day: add one small thing to a movement you know — a rep, a little weight, or better range.

R E F L E C T

What did adding just a little teach you about your strength?

DAY 29

F E T C H · 2 9 / 3 0



CALM

Recover in stillness.

TODAY'S MOVE

Wind down screen-free tonight. Read, stretch, or sit quietly for the last 20 minutes.

REFLECT

How did a calmer wind-down change your sleep?

DAY 30

FETCH · 30 / 30



HYDRATE

Drink like it matters.

TODAY'S MOVE

Drink your water, then look back over the month. Pick the one FETCH move that changed you most — and commit to keeping it.

REFLECT

Fuel, Explore, Train, Calm, or Hydrate — which one is yours to carry forward?

The whole practice, one page.

No need to wait thirty days — here's every move, grouped by letter.

F FUEL

Eat for energy.

- Eat with presence — slow down and taste it
- Protein at most meals; plants most days
- Favor whole over processed

E EXPLORE

Move every day.

- A daily walk, phone down
- A weekly outdoor adventure
- A new sport or trail each month

T TRAIN

Build strength that lasts.

- A few days a week
- Weights or bodyweight, your way
- Keep it simple — leave a little in the tank

C CALM

Recover in stillness.

- Sleep seven to nine
- A few quiet minutes of breath
- One full day off a week

H HYDRATE

Drink like it matters.

- Half your bodyweight in ounces
- On waking, with meals, around movement
- Plain water first

Y O U D I D T H E T H I R T Y .

*The dog never skips a day.
Neither should you.*

*Five letters. Five daily moves. Keep the rhythm going —
one day, one move, at a time.*

FETCH today. The dog already has. · livelikeadogtoday.com