



Movement & Physical Rhythm

1. 4-Week Outdoor Movement Plan

Purpose: Build consistency, not exhaustion.

Movement isn't punishment — it's how we tell the body, *"I'm alive and I'm listening."*

This plan focuses on natural movement, fresh air, and enjoyment instead of high-stress workouts.



Guidelines

- Aim for **20–40 minutes daily** of low-to-moderate movement.
- **Outdoors whenever possible.** Real sunlight + oxygen = natural dopamine and serotonin.
- Choose what you *enjoy*: walking, hiking, yoga, biking, swimming, stretching, gardening, dancing.
- Always finish feeling calmer and more grounded than when you started.



Week 1 – Find Your Rhythm

Focus: consistency and connection with nature.

- 3 days: 20–30-min walks outside (prefer morning).
- 1 day: gentle stretching or restorative yoga.
- 1 day: light body-weight work (10 squats, 10 push-ups, 10 sit-ups × 3).
- 2 days: active rest (gardening, cleaning, or casual movement).



Note: Don't overthink intensity. Just show up daily — movement before motivation.



Week 2 – Build Stability

Focus: improving endurance and posture.

- 3 days: brisk 30-min walk or hike.
- 2 days: light resistance (bands or weights).
- 1 day: restorative stretch/yoga.

- 1 day: complete rest + hydration check-in.

 *Reminder:* Pair movement with hydration and mineral support.

Week 3 – Add Intention

Focus: mindful movement + breath awareness.

- 3 days: walk or hike + deep nasal breathing (inhale 4 / exhale 6).
- 2 days: yoga or body-weight flow (15–25 min).
- 1 day: play — dance, swim, bike, garden.
- 1 day: journaling + reflection on body changes.

 *Ask yourself:* “How does movement change my mood today?”

Week 4 – Integration

Focus: making movement automatic.

- 4 days: morning outdoor movement (mix walk + stretch).
- 2 days: light resistance (progressive overload if desired).
- 1 day: rest + long gratitude walk (no phone).

 *Goal:* Finish this week knowing you can maintain this rhythm indefinitely.

2. Weekly Accountability Sheet

Purpose: Keep track of what really matters — movement, mindset, hydration, and small wins. Use this printable or digital sheet each week to stay on track.



Weekly Focus

| Week of: _____ | Intentions: _____ |



Daily Check-Ins

Day	Movement Completed	Hydration Met	Morning Affirmations	Evening Reflection	Energy Level (1-10)
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					



End-of-Week Reflection

- What went well?
- What challenged me?
- How did my body feel different?
- One intention for next week: _____