

MOVE YOUR BODY CHALLENGE

MONTHLY PAGE—

Track & watch your progress over time.

Each day you engage in intentional movement, indicate it on this page with a check mark, star, smiley, sticker, emoji, etc. This is a quick way of acknowledging you hit the goal for the day (celebrating that little win) and will be a great way to reflect back on the challenge as a whole.

*Optional- at the end of the month, email a pic of your completed page or post it on instagram & tag @buildwellness.365

WEEKLY PAGES—

Build your own with the blank fillable pages. You can map out a plan ahead of time or record what you do to serve as additional accountability. -OR-

Follow along with the prefilled pages. These include a variety of movement ideas to inspire and keep the motivation flowing. Feel free to mix and match to find what works for you!

At the end of each week, jot down reflections- your wins, what you plan to do differently the next week, gratitude, and/or how you're feeling as the week comes to a close.

MOVE YOUR BODY

4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MOVE YOUR BODY CHALLENGE

WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>
TIP OF THE WEEK:			REFLECTIONS:			
<ul style="list-style-type: none">PLAN AHEAD BY SCHEDULING TIME FOR MOVEMENT IN YOUR DAY. BLOCK THIS TIME AS YOU WOULD A MEETING OR APPOINTMENT.						

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WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>
<div>TIP OF THE WEEK:</div>			<div>REFLECTIONS:</div>			
<div><ul style="list-style-type: none">ENGAGE IN MOVEMENT THAT MATCHES YOUR NEEDS. INJURY? GO WITH LOW IMPACT. CAN'T GET OUT OF YOUR HEAD? TRY MORE COMPLEX/ INTENSE ACTIVITIES THAT WILL PULL YOUR ATTENTION.</div>						

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WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>
<div>TIP OF THE WEEK:</div>			<div>REFLECTIONS:</div>			
<div><ul style="list-style-type: none">NOURISH YOUR BODY TO SUPPORT MOVEMENT. PROTEIN AND/OR COLLAGEN PEPTIDES HELPS WITH MUSCLE RECOVERY & CAN DECREASE SORENESS.</div>						

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WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>	<div>ACTIVITY:</div> <div>DURATION:</div>
TIP OF THE WEEK:			REFLECTIONS:			
<ul style="list-style-type: none">LAST WEEK OF THE CHALLENGE. KEEP GOING! IT'S A FRESH WEEK. ANY MISSED DAYS BEFORE NOW DON'T DICTATE YOUR SUCCESS THIS WEEK!! YOU GOT THIS!						

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WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVITY: Gardening or yard work DURATION: 30 min	ACTIVITY: Walk around your neighborhood DURATION: 20 min	ACTIVITY: Yoga for beginners <u>Follow this link!</u> DURATION: 25 min	ACTIVITY: Stand or walk during a meeting DURATION: 30-45 min	ACTIVITY: Low impact cardio <u>Follow this link!</u> DURATION: 10 min	ACTIVITY: Full body stretch <u>Follow this link!</u> DURATION: 12 min	ACTIVITY: Hike a nearby trail DURATION: 30 min
TIP OF THE WEEK:			REFLECTIONS:			
<ul style="list-style-type: none">PLAN AHEAD BY SCHEDULING TIME FOR MOVEMENT IN YOUR DAY. BLOCK THIS TIME AS YOU WOULD A MEETING OR APPOINTMENT.						

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WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVITY: Swim, kayak, or paddle board DURATION: 40 min	ACTIVITY: Full Body Mobility Routine <u>Follow this link!</u> DURATION: 15 min	ACTIVITY: Brisk walk during your lunch break DURATION: 30 min	ACTIVITY: Belly Dancing <u>Follow this link!</u> DURATION: 12 min	ACTIVITY: Yoga Joy <u>Follow this link!</u> DURATION: 20 min	ACTIVITY: Go for a jog or run DURATION: 15-20 min	ACTIVITY: Vigorous household cleaning DURATION: 20-30 min
TIP OF THE WEEK:			REFLECTIONS:			
<ul style="list-style-type: none">ENGAGE IN MOVEMENT THAT MATCHES YOUR NEEDS. INJURY? GO WITH LOW IMPACT. CAN'T GET OUT OF YOUR HEAD? TRY MORE COMPLEX/ INTENSE ACTIVITIES THAT WILL PULL YOUR ATTENTION.						

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITY:</p> <p>Rollerblade or iceskate</p> <p>DURATION:</p> <p>30 min</p>	<p>ACTIVITY:</p> <p>Beginner Pilates <u>Follow this link!</u></p> <p>DURATION:</p> <p>21 min</p>	<p>ACTIVITY:</p> <p>Walk around your neigh- borhood</p> <p>DURATION:</p> <p>30 min</p>	<p>ACTIVITY:</p> <p>Bodyweight Workout <u>Follow this link!</u></p> <p>DURATION:</p> <p>20 min</p>	<p>ACTIVITY:</p> <p>Go for a bike ride</p> <p>DURATION:</p> <p>15-20 min</p>	<p>ACTIVITY:</p> <p>Grounding dance <u>Follow this link!</u></p> <p>DURATION:</p> <p>12 min</p>	<p>ACTIVITY:</p> <p>Kick around a soccer ball or shoot some hoops</p> <p>DURATION:</p> <p>15-20 min</p>
<p>TIP OF THE WEEK:</p>			<p>REFLECTIONS:</p>			
<ul style="list-style-type: none">NOURISH YOUR BODY TO SUPPORT MOVEMENT. PROTEIN AND/OR COLLAGEN PEPTIDES HELPS WITH MUSCLE RECOVERY & CAN DECREASE SORENESS.						

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WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITY:</p> <p>Walk around a local park</p> <p>DURATION: 30-45 min</p>	<p>ACTIVITY:</p> <p>Somatic Shaking Exercise Follow this link!</p> <p>DURATION: 6 min</p>	<p>ACTIVITY:</p> <p>Pilates for core strength Follow this link!</p> <p>DURATION: 26 min</p>	<p>ACTIVITY:</p> <p>Walk around your neighborhood</p> <p>DURATION: 30 min</p>	<p>ACTIVITY:</p> <p>Yoga for neck, shoulders Follow this link!</p> <p>DURATION: 11 min</p>	<p>ACTIVITY:</p> <p>Zumba Belly Dancing Follow this link!</p> <p>DURATION: 19 min</p>	<p>ACTIVITY:</p> <p>Paddleboard, kayak, or swim</p> <p>DURATION: 30-45 min</p>
<p>TIP OF THE WEEK:</p>			<p>REFLECTIONS:</p>			
<ul style="list-style-type: none">LAST WEEK OF THE CHALLENGE. KEEP GOING! IT'S A FRESH WEEK. ANY MISSED DAYS BEFORE NOW DON'T DICTATE YOUR SUCCESS THIS WEEK!! YOU GOT THIS!						

Resources

Yoga with Adriene

www.youtube.com/@yogawithadriene

yogawithadriene.com

Nourish, Move, Love: Muscle Building Home Workouts

www.youtube.com/@nourishmoveandlove

www.nourishmoveandlove.com/muscle-building-workout-plan

Tamara Nazon: Dance and Movement

www.youtube.com/@tamaranazon

Isa Welly: Nutrition, Wellness, Pilates

www.youtube.com/@Isawelly

isawelly.com

Leilah Isaac: Belly Dancing

www.youtube.com/@LeilahIsaac

www.bellyfitbyleilah.com