

Movement plan: 30-day challenge to a healthier you

Each time you choose to move, you're investing in your health and well-being. Use this guide to create a realistic movement plan you'll enjoy and stick with. Then challenge yourself to do it for at least 30 days.



Step 1: Set your primary movement goal

For example:

- Be more active
- Maintain activity
- Gain strength/flexibility
- Reduce stress
- Lower my high cholesterol

Step 2: Establish your purpose

For example:

- To be healthier and have more energy to enjoy my kids
- To get in better shape and feel more confident
- To join the company's annual 5K fundraising team

Step 3: Answer the following questions to help make a personalized plan:

- What type of movement do you enjoy? (Dancing, walking, stretching, boxing, gardening, etc.)
- How active are you currently?
- List at least 3 ways you could add movement to daily life. (Participate in one of the fitness challenges at work. Take some of the free classes offered by my community resource center. Say "yes" the next time my kids ask me to play football.)
- Which days/times could you fit in some movement?

Step 4: Create your plan and follow through

Make a list of small, realistic ways to add more movement into your life.

For example:

- Take the stairs instead of the elevator.
- Get off the bus one stop early and walk the rest of the way.
- Take an online, low-impact cardio class twice a week.
- Stretch for 15 minutes every other morning.
- Do seated marching or leg lifts.
- Invite a friend to go biking or swimming.
- Add 5-10 minutes more to your current workouts.

Track your activity each day

As you put your plan into action, keep track of what you do and how it feels.

You can use the tracker below or any other method you prefer:

- What activities did you complete and for how long?
- How did you feel before, during and after the activity?
- Looking ahead to next week, what should you keep or change?

Review weekly

- How did you do?
- What can you learn from this week?
- What can you carry over for next week, change or add?

Celebrate your progress

Plan to give yourself the kudos you deserve by outlining milestones, such as:

- **Week 1:** Give yourself a round of applause and remind yourself of your goal and purpose – and that you can keep going.
- **Months 1, 3 and 6:** Give yourself a standing ovation and reflect on what's getting easier.
- **Year 1:** Reflect on how far you've come and how you'd like to keep growing.

Just as in life, there may be setbacks or days when everything doesn't go as planned – ***and that's OK.*** Staying active is a lifelong journey, so try to focus on progress, not perfection.



Week 1	Primary movement goal	
	Purpose	
	How and when did I add movement?	
	How did I follow through?	
	Track each day's activity	
	How did I do?	

Week 2	Primary movement goal	
	Purpose	
	How and when did I add movement?	
	How did I follow through?	
	Track each day's activity	
	How did I do?	

Week 3	Primary movement goal	
	Purpose	
	How and when did I add movement?	
	How did I follow through?	
	Track each day's activity	
	How did I do?	

Week 4	Primary movement goal	
	Purpose	
	How and when did I add movement?	
	How did I follow through?	
	Track each day's activity	
	How did I do?	