7-Day Movement Starter Plan

A simple plan for walking, strength, mobility, balance, and recovery.

NAME _____ **WEEK OF** _____

START SMALL. BUILD GRADUALLY. EVERY BIT OF MOVEMENT COUNTS.

DAY 1

Easy walk

10-15 minutes

☐ **DONE** **MINUTES / NOTES** _____

DAY 2

Gentle strength

5-10 minutes

☐ **DONE** **MINUTES / NOTES** _____

DAY 3

Stretch and recover

Move gently at your own pace

☐ **DONE** **MINUTES / NOTES** _____

DAY 4

Walk

15-30 minutes

☐ **DONE** **MINUTES / NOTES** _____

DAY 5

Strength and balance

Choose manageable movements

☐ **DONE** **MINUTES / NOTES** _____

DAY 6

Enjoyable movement

Pick an activity you like

☐ **DONE** **MINUTES / NOTES** _____

DAY 7

Rest or gentle walk

Listen to your body

☐ **DONE** **MINUTES / NOTES** _____

WEEKLY CHECK-IN

What felt good? What would you adjust next week? _____

Choose movements appropriate for your abilities. Stop and seek medical help for chest pain, severe dizziness, or unusual shortness of breath.