



Move More

Starting Point

My starting point with movement is:

Proof

The things I notice when I move more are:

Actionable Ideas

The strategies that help me move more are:

Relate

The pillars I focus on to help me move more are:

Knowledge

What matters to me most about moving more:

Self-Reflection

The goals I’m setting for myself to move more are:



Sleep Better



Move More



Eat Well



Reduce Stress



Deepen Connection



Minimise Harm