

Weekly Movement Journal

Week 4	Duration	Intensity (easy/med/hard)	Description of Movement
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

WHO/WHAT DID YOU MOVE WITH?

(SELECT ALL THAT APPLY)

- Friend
- Just me and my music
- I am one with my surroundings
- Colleague
- My podcast keeps me company

CHHS Wellness Campaign: Let's Reconnect

Weekly Reflection

Try this week's reflection prompt.

*Use the space provided to reflect solo
or share with a friend/colleague.*

Top Three People

Who are the three most important people in your life?

What do you appreciate most about them?

Do they know they are the most important people in your life?

Take time today to let them know they are important to you.

*If moving with a friend/colleague,
either share your reflections with them OR let them know what you
appreciate about them.*

Reflection
