

# Weekly Movement Journal

Week 1	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

# Weekly Reflection

*Try this week's reflection prompt.*

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

## Present-Moment Meditation

Find a comfortable position and focus your attention on your breath.

Rest your mind on your breath.

As you breathe in, say (out loud or in your mind): Breathing in, I calm my body.

As you breathe out, say: Breathing out, I calm my mind.

During your next in breath, say: Breathing in the present moment.

As you breathe out, say: Breathing out, I am here now.

Repeat two more times for a total of three.

*If moving with a friend/colleague, perform the present moment meditation  
individually and then discuss your experience.*

### Reflection

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