

Movement Journal

14 days · room for your own rhythm



A personal journal for planning, noticing and looking back.

Arriving

What kind of movement feels like a fitting choice today?

Date

My activity or movement

Time / duration (optional)

My own note

What would I like to keep?



Looking back · week one

There is no target number. Note what you actually noticed—even if some days stayed blank.

Which activity or moment stands out in my memory?

What fitted easily into my day?

What was different from what I expected?

When did I want to adapt something or leave it out?

What would I like to return to next week?