

Mindful Mover:

3 Day Movement Flow Tracker

Ease into intentional movement with this 3-day mindful mini plan.

Day 1: Standing Core + Breathwork

Focus: Core Engagement + Breath Awareness

- **Standing Knee-to-Elbow Crunches**
- **Side Body Reaches with Deep Breaths**
- **Balance Hold (One Foot)**

Record below:

Session Length: _____

Energy Level (1-5): _____

How I Felt: _____





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Day 2: Glutes & Abs Mat Pilates Focus: Glute Activation + Core Control

Moves

Glute Bridges

Dead Bug

Bird Dogs (Slow & Controlled)

Record below:

Session Length: _____

Energy Level (1-5): _____



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Day 3: Full Body Mobility Stretch W

Focus: Flexibility + Mindful Stretching

- **Moves**
- **Cat-Cow**
- **Thread the Needle Stretch**
- **Seated Forward Fold**

Record below:

Session Length: _____

Energy Level(1-5): _____

How I Felt: _____