

CHEAT SHEET FOR

INCORPORATING MOBILITY IN YOUR DAY

FOR A MORE DETAILED GUIDE SEE THE WORKBOOK

STEP 1



TIME AUDIT

LOOK AT
WHERE YOU
SPEND, AND
CAN FREE UP
YOUR TIME

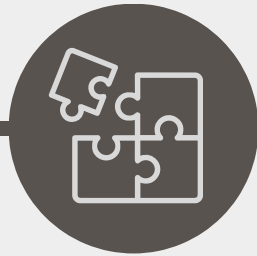
STEP 2



PRIORITIZE

DECIDE WHAT
PARTS OF THE
BODY YOU
WANT TO
FOCUS ON

STEP 3

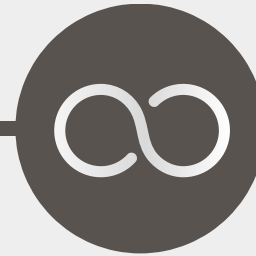


CHOOSE

MOVEMENTS

LOOK FOR
AND PICK 4-5
MOVES THAT
PROVIDE
RELIEF

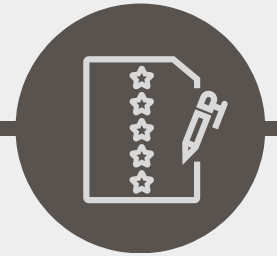
STEP 4



HABIT LOOP

TIE WHEN
YOU'LL DO
THESE TO AN
EXISTING
HABIT

STEP 5



EVALUATE

AFTER 2 WEEKS
EVALUATE
ROUTINE AND
HABIT LOOP.
REASSESS IF NEEDED