

DAILY TRACKER

Twenty minutes, once a day. That's the target. Don't judge a missed day, just get back on it tomorrow.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 LEAP YEAR ONLY						

☐ Not yet ☒ Moved today

The tracker is what turns “I should move more” into something you actually did. Day 29 only counts in a leap year, ignore it the other three years out of four.