



My Weekly Movement Plan™

Plan a week that supports strength, stamina, balance, mobility and recovery without expecting every day to look the same.



Begin with what fits your current ability, schedule and energy. Your plan can change when your body or your week does.



My Focus This Week

What I want movement to help me with: _____

My most realistic movement days: _____

One thing that could make movement easier: _____

Day	What I Plan	Type	Time or Sets	How It Felt		
Monday				☐ Easy	☐ Just Right	☐ Too Much
Tuesday				☐ Easy	☐ Just Right	☐ Too Much
Wednesday				☐ Easy	☐ Just Right	☐ Too Much
Thursday				☐ Easy	☐ Just Right	☐ Too Much
Friday				☐ Easy	☐ Just Right	☐ Too Much
Saturday				☐ Easy	☐ Just Right	☐ Too Much
Sunday				☐ Easy	☐ Just Right	☐ Too Much

Movement Key



Strength



Heart & Stamina



Balance



Mobility



Everyday Movement



Recovery

Use one or more letters in the Type column.

My Weekly Check-In

- ☐ I included strength.
- ☐ I included heart-pumping movement.
- ☐ I practiced balance or mobility.
- ☐ I broke up long periods of sitting.
- ☐ I left room for recovery.

What worked well:

What I may adjust next week:



Gentle Reminder



A flexible plan is still a plan. Adjusting for sleep, symptoms, stress or soreness is part of working with your body.

Martine's Midlife Wellness Tip

Put your easiest movement option on your busiest day. A short walk or mobility break may be exactly enough.



When to Pause



Stop and seek guidance for chest pain, faintness, severe shortness of breath, new weakness, or persistent or worsening pain.