

Boost Energy Through Movement

Thanks for joining the Energy Through Movement challenge. Research consistently links regular movement to better sleep, clearer thinking, and more energy overall — movement is the kind of habit that makes everything else easier. Use this worksheet to discover how to make movement a part of your daily routine.

DAY 1

IDENTIFY YOUR WHY

What's your reason for building a movement habit? Be as specific as possible.

DAY 2

HOW DO YOU ENJOY MOVEMENT?

Your movement habit is most likely to stick when it suits your nature. In each row, circle the answer that best describes you, then look for an activity that matches those preferences.

I'm a	morning person	night person	
I prefer to be	indoors	outdoors	
My schedule is	flexible	strict	
I want	solo time	an activity to do with friends	a way to meet new people
While exercising, I enjoy	time with my own thoughts	loud music	a podcast or show
I'm interested in	competition	mastering a new skill	something easy and low pressure

DAY 3

WHAT'S YOUR TENDENCY?

If you're not sure about your Tendency, take the free quiz at gretchenrubin.com/quiz/the-four-tendencies-quiz/

My Tendency:

I want to build my movement habit using the Strategy of:

DAY 4

CELEBRATE A WIN

Move your body today, right now. Go for a walk, dance to your favorite song, anything counts.

Today's movement was:

Draw yourself a gold star

DAY 5

MAKE A LIST OF HEALTHY TREATS FOR YOURSELF

For instance, doing a crossword puzzle, enjoying a cup of tea, wearing fancy perfume, buying a new book.

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____

DAY 6

USE THE STRATEGY OF CONVENIENCE

Set up your habit to make it easy on yourself.

What obstacles make it hard to stick to your habit?
Be as specific as possible.

How might you solve that particular problem?

DAY 7

DESIGN YOUR SAFEGUARDS

Take a few minutes to make a plan for handling disruptions to your habit.

I will be tempted to break my habit by

.....

If

disrupts my plans, I will instead do

I'll skip my habit on

and resume it on

Movement ideas to try

Early neighborhood walk	Hike with friends	Outdoor yoga class
Community garden plot	Swim laps	Play tag
Rowing club	Ping pong league	Aerobics class
Pilates video	Dog walking for a shelter	Disc golf
Apple or berry picking	Run in the park	Roller skating
Historical walking tour	Indoor climbing gym	Salsa social
Pickleball at the rec center	Foraging or birding walk	Kettlebell class
Ultimate frisbee	Home decluttering	Mall walking in winter
Treadmill with a podcast	Play Twister or Charades	Dance party
Kayak or paddleboard rental	Beach or river cleanup walk	Trampoline park
Stair climbing in your building	Bike ride	Walking meetings at work