



Action Plan Phase 3

Your Movement Profile Result

Before you move more, move smarter.

Take a second to reflect on your quiz result.

Are you currently feeling:

- Tense — overstimulated, tight, wired?
- Stagnant — sluggish, heavy, stuck?
- Drained — depleted, flat, disconnected?

This isn't just a label — it's your starting point.

👉 Use your result to guide the rest of your plan:

Your movement type, your Mini Flow, your rhythm.

Your body already told you what it needs.

Now, you listen.

Let's go.

Your Mini Flow Routine — "3x10"

A movement rhythm that fits real life. Not just gym days.

Now that you know your body's current state (tense, stagnant, or drained), it's time to build your own Mini Flow.

The idea?

3 blocks of 10 minutes spread through your day:

- 10 min of circulation
- 10 min of postural reset
- 10 min of micro-activation

 You don't need to do them all at once.

They're here to break the freeze, restore energy, and reconnect with your body gently.

◆ If you're TENSE (wired, anxious):

Focus on:

- Slow, fluid movement (walking, mobility, gentle yoga)
- Grounding postures (hip openers, forward folds)
- Exhale-driven breathing (long out-breaths)

Suggestions:

- Morning: 10-min walk + breathwork
- Afternoon: standing mobility or cat-cow
- Evening: stretch + candlelight + nasal breathing

◆ If you're STAGNANT (heavy, stuck):

Focus on:

- Rhythmic pulses (marching in place, shaking, stair climbing)
- Vertical movement (squats, stretches with arms overhead)
- Walks with pace shifts (fast → slow → fast)

Suggestions:

- Morning: 10-min energizing walk
- Midday: stair circuits or air squats + reach
- Evening: light stretch with music

◆ If you're DRAINED (low energy, depleted):

Focus on:

- Postural resets (wall angels, chest openers)
- Core activation (dead bug, glute bridges)
- Low-impact movement (slow walks, breath-based mobility)

Suggestions:

- Morning: gentle stretch on floor
- Afternoon: 10-min walk outdoors
- Evening: breath-led mobility on mat or couch

👉 Build Your Flow (fillable in PDF)

You can use a section like:

- Morning Reset:

Time: _____

Movement:

- Midday Circulation:

Time: _____

Movement:

- Evening Anchor:

Time: _____

Movement:

♥ Keep it light. Keep it yours.

You're not here to train. You're here to reawaken.

Let's move to the next step?

👉 🎯 Daily Micro-Movement Goal next.

🎯 Your Daily Micro-Movement Goal

A small shift, done daily, changes everything.

Now that your Mini Flow is defined, it's time to lock in a simple goal, something so small you can repeat it daily, even on busy or low-energy days.

This goal is based on your Movement Profile.

Pick the one that fits your state best, or rotate between them depending on how you feel.

◆ If you're TENSE:

The "Exhale Reset"

→ 3x per day, pause for 3 deep breaths with long exhales (6-8 seconds)

Do it before meals, during stress, or while walking.

It calms the nervous system and unhooks the internal pressure.

◆ If you're STAGNANT:

The "Posture Pulse"

→ 3x per day, stand up and do 10 air squats + 10 arm circles

It shakes the freeze, boosts circulation, and gives your lymphatic system a push.

◆ If you're DRAINED:

The "Spine & Breath Anchor"

→ Once per day, lie on your back and do 5 minutes of diaphragmatic breathing with knees bent

This reconnects breath, posture, and energy, without taxing your system.

👉 Fill in your goal here:

My Micro-Movement Ritual:

Movement:

Time of Day:

Why I chose it:

✦ Consistency builds rhythm. Rhythm creates flow.

Keep this goal in sight for 7 days, and watch your energy return.

Next step?

👉 Let's build your Movement Reset Card together.

Your Body Feedback Journal (3 Days)

Track how your body responds, with clarity, not pressure.

This is not a tracker.

It's a reflection space.




The goal?

Help you notice how your body reacts to the small shifts you're making:




- Is your tension decreasing?
- Is your digestion smoother?
- Are you breathing deeper?
- Are you starting to feel more present?

Each day, take 2 minutes, morning or evening, to complete this:




Day 1

- Energy level today (1-10): _____
- Most tense area in my body: _____
- Did I move intentionally? Yes / No
- Mood after movement: _____
- Digestion today:  fine /  irregular /  bloated
- One thing I noticed: _____

Day 2

- Energy level today (1-10): _____
- Most tense area in my body: _____
- Did I move intentionally? Yes / No
- Mood after movement: _____
- Digestion today:  fine /  irregular /  bloated
- One thing I noticed: _____

Day 3

- Energy level today (1-10): _____
- Most tense area in my body: _____
- Did I move intentionally? Yes / No
- Mood after movement: _____
- Digestion today:  fine /  irregular /  bloated
- One thing I noticed: _____

 **Reminder:** You don't need to judge or fix anything.

You're just building a clearer connection between action and feeling.

Awareness is already momentum.

72-Hour Check-In

After 3 days of reconnection, what's shifting inside you?

You've taken action.

You've moved differently.

Now it's time to pause — and ask:

"What changed... and what's worth continuing?"

This is not about numbers.

It's about feeling, alignment, and momentum.

Take 3 minutes to answer:

Quick Reassessment

- Do I feel more grounded in my body?
- Yes / No / A little, explain: _____
- Has my tension shifted?
- Less / Same / More — where: _____
- Did any surprising energy return?
- Yes — when: _____
- Which Micro-Movement felt best to me?
- _____
- One thing I'd like to keep doing this week:
- _____