

# WEEK 24

- 01 PAIRING MOVEMENTS WITH DAILY LIVING
- 02 ADOPTING AND ROTATING HABITS
- 03 PROGRESS ISN'T ALWAYS LINEAR

## MOVEMENT

Make movement choices based on your lifestyle and daily activities. For example, if you spend a lot of time at your desk, stretching and mobility may be a great place to start. If you are primarily sedentary, movements that boost your heart rate may be beneficial. Use the movement library to piece together your custom program, and the tracker logs your progress over time. What were your initial goals? Have you met at least one of those goals?



## NUTRITION

Choose at least one habit that showed great success to adopt permanently. Choose habits that are easy for you to adapt to first and rotate based in your environment and physical demands. Did you find out anything you weren't initially aware of? Did you meet at least one of your goals? Reconnect with your accountability buddy and share your success and challenges.



## MINDFULNESS

Choose at least one habit that showed great success to adopt permanently. Choose patterns that are easy for you to include first, then rotate based on your environment and physical demands. Did you find out anything you weren't initially aware of? Did you meet at least one of your goals? Reconnect with your accountability buddy and share your success and challenges.

