Free guide

Weekly movement planner

LIVE BETTER. MAKE LIFE MATTER.

A blank week for your own notes. It does not assign a plan.

Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. Rest is allowed. Skip a day, or write a seated idea instead of a walk.

These guides are not treatment.

Monday

[ ] Plan:

[ ] What I did:

[ ] Notes:

Tuesday

[ ] Plan:

[ ] What I did:

[ ] Notes:

Wednesday

[ ] Plan:

[ ] What I did:

[ ] Notes:

Thursday

[ ] Plan:

[ ] What I did:

[ ] Notes:

Friday

[ ] Plan:

[ ] What I did:

[ ] Notes:

Saturday

[ ] Plan:

[ ] What I did:

[ ] Notes:

Sunday

[ ] Plan:

[ ] What I did:

[ ] Notes:

Open this guide in lifeZoi

https://www.lifezoi.com/academy/move/resources/guides/weekly-movement-planner

Sources linked, not copied

Older Adult Activity: An Overview (Centers for Disease Control and Prevention)

https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html

Tips for Getting and Staying Active as You Age (National Institute on Aging)

https://www.nia.nih.gov/health/exercise-and-physical-activity/tips-getting-and-staying-active-you-age

Free exercise resources (lifeZoi)

https://www.lifezoi.com/academy/move/resources

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.