

# ACTIVITY JOURNAL

*Your goal: movement after at least one meal per day. A short walk or a 3-minute blood sugar reset both count. Consistency matters far more than intensity.*

Day	Activity	Minutes	How did you feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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## **Weekly Reflection**

**What movement felt easiest to stick to this week?**

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**Did you notice any change in energy, mood, or cravings after moving?**

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**What would you like to try or repeat next week?**

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