



21-Day Mindset & Movement Calendar

WEEK 1

DATE:

🔗 Click the link icon to access each suggested activity.

	MINDSET ACTIVITY	MOVEMENT ACTIVITY	WRITE 3 THINGS YOU'RE GRATEFUL FOR TODAY	TODAY'S WELLNESS INTENTION:
MON	☐ A Simple First Step 	☐ HIIT w/ Weights 		
TUE	☐ Guide to Deep Breathing 	☐ Full Body Strength + 30 min walk 		
WED	☐ Following Your Breath 	☐ Yoga for Lymphatic Flow 		
THU	☐ Gratitude Journaling 	☐ Low Impact HIIT 		
FRI	☐ Quieting Your Mind 	☐ Upper Body Strength + 30 min walk 		
SAT	☐ Belly Breathing 	☐ Free Choice		
SUN	☐ The Benefits of Silence 	☐ Free Choice		





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WEEK 2

DATE:

🔗 Click the link icon to access each activity.

	MINDSET ACTIVITY	MOVEMENT ACTIVITY	WRITE 3 THINGS YOU'RE GRATEFUL FOR TODAY	TODAY'S WELLNESS INTENTION:
MON	☐ Grounding Dance Practice 🔗	☐ Low Impact HIIT 🔗		
TUE	☐ Sustaining Your Practice 🔗	☐ Legs & Booty Strength + 30 min walk 🔗		
WED	☐ Come to Your Senses 🔗	☐ Yoga + 30 min walk 🔗		
THU	☐ Perfect Health 🔗	☐ Full Body HIIT 🔗		
FRI	☐ Stress Release 🔗	☐ Chest & Shoulders Strength + 30 min walk 🔗		
SAT	☐ Mind Body Connection 🔗	☐ Free Choice		
SUN	☐ Breathwork Breakthrough 🔗	☐ Free Choice		





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WEEK 3

DATE:

🔗 Click the link icon to access each activity.

	MINDSET ACTIVITY	MOVEMENT ACTIVITY	WRITE 3 THINGS YOU'RE GRATEFUL FOR TODAY	TODAY'S WELLNESS INTENTION:
MON	☐ Empowered Me 🔗	☐ Total Body HIIT 🔗		
TUE	☐ Guided Dance Meditation 🔗	☐ Glute Strength + 30 min walk 🔗		
WED	☐ Being for Peace 🔗	☐ Pilates + 30 min walk 🔗		
THU	☐ 5 min Calming Breathwork 🔗	☐ HIIT 🔗		
FRI	☐ Full Body Relaxation 🔗	☐ Back & Arm Strength + 30 min walk 🔗		
SAT	☐ 5 Min Legs Up the Wall Meditation 🔗	☐ Free Choice		
SUN	☐ Finding Your Inner Compass 🔗	☐ Free Choice		

