

Movement Snacking Planner

How to Use This Planner:

This planner helps you incorporate **short exercise bursts throughout your day** in an easy, sustainable way. Simply **track your movement snacks**, set reminders, and adjust your routine as needed. Aim for at least **5-10 movement snacks daily** to improve focus, energy, and overall health.

Step 1: Identify Your Movement Snack Windows

Think about your **daily schedule** and find opportunities to **add movement**:

Time of Day	Activity/Trigger	Movement Snack Idea
Morning	Brushing Teeth	Single-leg balance or squats
Morning	Waiting for coffee/tea	Wall sit or calf raises
Work/Study Break	Before/after a virtual meeting	Desk push-ups or chair squats
Work/Study Break	Every hour	Stretching or marching in place
Afternoon Slump	Feeling tired	Jumping jacks or high knees
Evening	Watching TV/Netflix	Core exercises or yoga stretches
Nighttime	Before bed	Gentle stretching or deep breathing

Step 2: Customize Your Movement Snacks

Use the **pre-filled activities** or **write your own movement snacks** that fit your lifestyle.

Movement Category	Quick Movement Snack Ideas
Cardio	Jumping jacks, high knees, stair climbing
Strength	Wall sits, push-ups, lunges
Flexibility	Neck stretches, hamstring stretch, side bends
Core	Plank, seated twists, bicycle crunches
Balance	Single-leg stand, heel-to-toe walking

Step 3: Weekly Movement Snacking Tracker

Use this tracker to **log your movement snacks** daily. Try to fit in at least **5 sessions per day**.

Date	Morning	Mid-Morning	Lunch Break	Afternoon	Evening	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Step 4: Habit-Building Strategies

Here are tips to make movement snacking part of your daily routine:

- **Pair it with daily activities:** Attach movement to habits (e.g., squats while brushing teeth).
- **Set reminders:** Use alarms, phone apps, or sticky notes to remind yourself to move.
- **Make it social:** Involve family, friends, or coworkers to stay accountable.
- **Track your progress:** Seeing your completed movement snacks will keep you motivated.
- **Start small and be consistent:** Even 1-minute sessions make a difference. Keep it sustainable!

Bonus: My Top 3 Go-To Movement Snacks

1. _____

2. _____

3. _____

What movement snack will you try today?