



LIVER EDUCATION ADVOCATES

21-Day Move & Strengthen Challenge Tracker

Movement supports energy, mood, strength, and overall well-being. This tracker helps you build consistency with daily movement and simple strength activities. **Always check with a qualified healthcare professional before beginning a new exercise routine.**

Daily Goals

- Move your body for **10+ minutes** (walking, stretching, dancing, chair exercises, etc.).
 - Complete **2–3 strength sessions per week** (bodyweight, resistance bands, light weights).
 - Break up long sitting periods with **2–3 minutes of movement like walking**.
 - Notice how movement affects your **energy, mood, sleep, and comfort**.
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21-Day Movement Tracker

Record your daily movement, strength activities, and how you felt.

| Day | 10+ Minutes of Movement | Strength Training? | What You Did | Energy/Mood Notes |
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Weekly Reflection

Use these prompts at the end of each week to reflect on your progress.

Week 1

- How was your energy this week?
- Did movement help your mood or sleep?
- Which activities felt easiest or most enjoyable?

Week 2

- Are you feeling stronger or more flexible?
- Did breaking up sitting time help?
- What barriers did you overcome?

Week 3

- What changes do you notice in stamina or daily comfort?
- Which habits feel sustainable?
- What do you want to continue after the challenge?

Encouragement

Every step, stretch, and lift supports your strength, mobility, and long-term health. Small, consistent actions add up.