

## DAY 1 ACTIVITY: “Reset Your Foundation”

### Gentle Midlife Mobility Reset — Daily Practice + Reflection

#### Part 1: Today's 3-Minute Mobility Reset

1. Shoulder Circles (5–8 slow reps)
2. Ribcage Side Sways (10 slow sways)
3. Hip Figure-8s (20–30 seconds)
4. Ankle Rolls (10 each direction per side)
5. Spine Wave (5–8 slow waves)

#### Part 2: Body Awareness Check-In

1. Before the mobility reset, I felt:

Stiff, Tight, Low energy, Achey, Neutral, Other\_\_\_\_\_

2. After completing the reset, I now feel:

Lighter, Warmed up, Looser, Less stiff, More grounded, Other\_\_\_\_\_

3. Biggest improvement: \_\_\_\_\_

4. Movement that felt best: \_\_\_\_\_

5. Spots that still feel tight: \_\_\_\_\_

#### Part 3: Your Daily Micro-Goal

Choose one:

Extra water, Stretch breaks, 5■minute walk, Repeat routine, Sleep earlier, Other\_\_\_\_\_

#### Part 4: End-of-Day Reflection

Mobility 1■5 | Energy 1■5 | Stiffness 1■5

Encouragement:

“You’re reminding your body it’s safe, capable, and ready to thrive.”