My GOOD. week



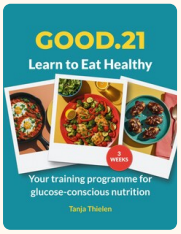
Five moves a day. One tick per move.

Ideas: up during the adverts, tiptoes while you brush, squats while the kettle boils, dance to one song.

	1	2	3	4	5
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

If I manage 5 days with five ticks, I'll treat myself to:

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Glucose-conscious eating, a little better every day: the book GOOD.21.
Scan to see the book
All the moves, with a timer: your-good-life.com/goodmoves-home