

# 10-Minute Morning Movement Checklist

Wake up your body · boost energy · start every day with a win

Complete this short sequence before breakfast to increase blood flow, reduce stiffness, and set a positive tone for the day. No equipment needed. Each move takes 60–90 seconds.

## MORNING MOVEMENT SEQUENCE

1

### Cat-Cow Stretch

60 sec

Start on hands and knees — arch and round the spine slowly

2

### Hip Circle

30 sec each side

Stand with feet hip-width, rotate hips in large circles

3

### Arm Circle

30 sec each way

Extend arms out, circle forward then backward

4

### High Knees (slow)

60 sec

March in place bringing knees to hip height

5

### Squat (bodyweight)

10 reps

Feet shoulder-width, lower until thighs parallel

6

### Inchworm

5 reps

Fold forward, walk hands to plank, walk feet to hands

7

### Side Lunge

8 each side

Step wide to one side, bend that knee, keep other leg straight

8

### Chest Opener Stretch

30 sec

Clasp hands behind back, open chest and look up

9

### Downward Dog

45 sec

Hands and feet on floor, hips up, press heels toward ground

10

### Deep Breathing

5 breaths

Inhale 4 counts through nose, exhale 6 counts through mouth

## FINAL CHECKS

■ Drank a glass of water

■ 3 deep breaths completed

■ Short walk (optional, 5–10 min)

## MOOD & HABIT STREAK

Mood BEFORE: ■■■■

Mood AFTER: ■■■■

Mon	Tue	Wed	Thu	Fri	Sat	Sun
■	■	■	■	■	■	■