

Getting Outside, Getting Moving

Set up the smallest amount of daylight and movement you would really do.

WHEN TO USE THIS

Use this if whole days are going by indoors and mostly sitting.

Where could you stand or sit outside for five minutes? Name the spot.

A step, a porch, the parking lot, an open window.

Track four days. Keep the numbers honest, not impressive.

DAY	MINUTES OUTSIDE	MINUTES MOVING	MOOD AFTER

Looking at those four days, what do you notice?

What is a realistic amount to aim for next week?

Five minutes of daylight is not a cure. It is a small nudge, and small nudges add up.