



# Happiness in Motion Daily Success Checklist

Check the box and CELEBRATE when completed

Day	Movement	Journal Prompt & Reflection	I WON the day
Monday	15 Minutes	"If my body could talk it would say..."	
Tuesday	15 Minutes	"I feel most energized today when..."	
Wednesday	15 Minutes	"What felt good in your body today?"	
Thursday	15 Minutes	"What did you notice about your movement today?"	
Friday	15 Minutes	"Write the words you need to hear today"	