

My first Winter Arc week

Start with one habit. Make room for real life.

Week starting: _____

My one habit

When and where

My smaller option for a busy day

My first-week checklist

- ☐ Choose one small habit.
- ☐ Pick a time and place to try it.
- ☐ Write down a smaller option.
- ☐ Try the habit once.
- ☐ Make a note of what helped.
- ☐ Review the week and choose what comes next.

What worked? What could change next week?

A missed day does not erase your progress. Adjust the plan when you need to.



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