MISSION movement

Post-Movement Check-In

Take a moment after your workout to check in with yourself. Notice how you're feeling—it's a great way to stay present, appreciate the benefits of movement, and keep your motivation strong to keep moving!

How do you feel after finishing your workout?

- ☐ Energized
- ☐ Less Stressed
- ☐ Relaxed
- ☐ Stronger
- ☐ Happier
- ☐ More Confident
- ☐ Other: _____

Did this workout improve your mood or mindset?

- ☐ Yes, definitely
- ☐ A little
- ☐ Not really

What physical sensations are you noticing?

What was your favorite part of today's workout?

(specific exercise, the music, being outdoors, hitting a personal goal, etc)

What is one thing you're grateful for about your body today?

What's your WHY for moving today?

What's one thing you want to carry into your next workout?