

# A New Body Normal Movement Tracker

Returning to your Body, One  
Day, One Movement At a Time



*Life is a series of new normals. New Body Normals.*

Photo Credit: Atiabii

# A New Body Normal Movement Tracker Reconnect With Your Body



**A NEW  
BODY  
NORMAL**

**[anewbodynormal.com](https://anewbodynormal.com)**

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by Samantha Wellman.  
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# HOW TO USE THIS TRACKER

This tracker is a companion in your movement journey—not a measuring stick. Use it to reconnect with how your body feels, not to judge how often you move or how long. Even small movements count. Even rest is a choice.

It's designed to give you choices. Some people like a visual representation of their accomplishments, some people like to focus on ideas. Use what works for you. You will find it helpful to note how work in Phase 1 feels, how parts of your body respond. In Phase 2, we address them, in Phase 3 we make them stronger.

- Track your daily movement
- Reflect weekly to stay mindful of your progress and shifts
- Mark your monthly streak to build consistency with joy
- Tap into your body wisdom with Mindset & Body Awareness
- Recap your month to celebrate how far you've come

***Remember: this isn't about perfection—it's about presence.***

*Need support? Visit  
[anewbodynormal.com](https://anewbodynormal.com) to explore  
the Virtual Studio.*

# MINDSET REMINDER

Sometimes our thinking about our body or how we move, gets in our way. What might you say to yourself to help you stay present?

Write or circle a statement that helps you stay present:

- I move because I'm alive, not because I need fixing.
- I'm committed to showing up for myself today.
- My body speaks; I listen with kindness. We're building a renewed relationship
- Every breath and step is enough today.
- Discomfort is data, not failure. I learn about my body by gathering a deeper understand of what it has to "say" to me.

Your mantra: \_\_\_\_\_

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MOVEMENT LOG	<input checked="" type="checkbox"/> Moved Today?	Movement Type	Duration / Intensity	Mood Before → After	Notes
	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No				
	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No				
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[illegible]



# WEEKLY REFLECTION



## Week 1

**ThisWeek I...** What movement felt good? What challenged me or made me pause? What did I learn about my energy or body this week? Intention or theme for next week:

## Week 2

**ThisWeek I...** What movement felt good? What challenged me or made me pause? What did I learn about my energy or body this week? Intention or theme for next week:

## Week 3

**ThisWeek I...** What movement felt good? What challenged me or made me pause? What did I learn about my energy or body this week? Intention or theme for next week:

## Week 4

**ThisWeek I...** What movement felt good? What challenged me or made me pause? What did I learn about my energy or body this week? Intention or theme for next week:

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# 30-DAY STREAK CHALLENGE

Some people like to see the progress in a big way. Check or color one square for each day you move in any way.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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## BODY AWARENESS TRACKER

Tracking how movement affects your body can be helpful data. If there's a part that continues to speak to you when you move in Stage 1, Stage 2 will help you address it. You can also ask questions during "office hours".

Date	Symptom or Clue What does it feel like?	Trigger or Video #	Intensity (1-5)	Relief Strategy The body spoke, how did you answer?

**Notes:**

## MONTHLY RECAP

### This Month I...



Most joyful movement: \_\_\_\_\_

Most surprising insight: \_\_\_\_\_

Energy overall (circle one): ☐ Low ☐ Somewhat Steady ☐ Improving ☐ Energized

**One thing I want to celebrate:** \_\_\_\_\_

**Congratulations!! Whatever you're celebrating, I'm celebrating too.**

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