

STRONGMOMM ♡

30 DAYS TO MOVE AGAIN ♡

BUILD THE HABIT. NOT THE PRESSURE.

MOVEMENT
IS SELF-CARE.
NOT PUNISHMENT.

10 MINUTES
IS STILL A
WORKOUT.

No matching
gym set
required.

REST DAY.
YES, IT
COUNTS.

IF YOU HATE IT,
CHOOSE SOMETHING
ELSE.

Move because your body
deserves care.

NOT BECAUSE IT NEEDS PUNISHMENT.

YOU ARE STRONG. YOU ARE CAPABLE. YOU ARE WORTH IT.

Let's do this! ♡



HONEY BADGER
APPROVED. ♡

STRONGMOMM ♡



strongmomm.com



@strongm0mm

30 DAYS TO MOVE AGAIN

Small movement. Real momentum.

You do not need to do it perfectly.
Just start where you are.



1

10-MINUTE
WALK



2

STRETCH FOR
5 MINUTES



3

DRINK WATER
& WALK



4

DANCE TO
ONE SONG



5

TAKE THE
STAIRS



6

15 SQUATS



7

GENTLE
YOGA



8

REST DAY



9

10-MINUTE
WALK OUTSIDE



10

CORE SIT-UPS
(5 MINUTES)



11

STRETCH
& BREATHE



12

DANCE PARTY
(ONE SONG)



13

DRINK WATER
& MOVE



14

10 LUNGES



15

10-MINUTE
WALK



16

SHOULDER
ROLLS &
STRETCH



17

YOGA OR
STRETCH FLOW



18

TAKE THE
STAIRS



19

15-MINUTE
WALK



20

PLANK HOLD
(3 x 20 SEC)



21

DANCE TO
ONE SONG



22

REST DAY



23

DRINK WATER
& WALK



24

15 SQUATS
(OR MORE!)



25

GENTLE
YOGA



26

10-MINUTE
WALK OUTSIDE



27

STRETCH FOR
5 MINUTES



28

CORE SIT-UPS
(5 MINUTES)



29

TAKE THE
STAIRS



30

CELEBRATE
YOU!



PROGRESS, NOT PERFECTION. *You are becoming her.*



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