2026

November

A Month of Moving

Small amounts of movement, every day

1 SUN	Walk for twenty minutes at a comfortable pace	
2 MON	Do ten slow squats, rest, and do ten more	
3 TUE	Stretch your whole body for five minutes	
4 WED	Take the stairs instead of the elevator today	
5 THU	Hold a plank for one minute, or as long as feels good	
6 FRI	Walk around while you talk on the phone	
7 SAT	Do ten push-ups against a wall or the floor	
8 SUN	Rest today and stretch gently if you like	
9 MON	March in place for three minutes while you wait	
10 TUE	Do ten lunges on each leg	
11 WED	**Veterans Day** Stand up and move for two minutes every hour	
12 THU	Dance to two songs you love	
13 FRI	Walk for ten minutes after a meal	
14 SAT	Stand on one leg for thirty seconds on each side	
15 SUN	Rest today and drink plenty of water	
16 MON	Jog or walk fast for fifteen minutes	
17 TUE	Do a short core routine: dead bug, bridge, plank	
18 WED	Stretch your shoulders and upper back	
19 THU	Walk to somewhere you usually drive	
20 FRI	Do wall sits for thirty seconds, twice	
21 SAT	Rest today and sleep a little earlier	
22 SUN	Try yoga or tai chi for ten minutes	
23 MON	Climb stairs for five minutes	
24 TUE	Do ten arm curls with water bottles	
25 WED	Walk with a friend and chat	
26 THU	**Thanksgiving** Stretch your hips and legs before bed	
27 FRI	Do fifteen minutes of any movement you enjoy	
28 SAT	Rest today and notice how your body feels	
29 SUN	Do your favorite exercise from this month	
30 MON	Write down which movement you want to keep	

Go at your own pace. Stop if anything hurts.

calendarfolio.com