Daily Movement Plan

An anchor, an activity, and a way to return.

Start here. Choose the plan together. Use page two only if you want to notice patterns or try a brief heavy-work activity.

My daily anchor

After something that already happens, such as our afternoon snack.

My usual movement

An activity I choose and an amount that fits. Example: a 20-minute walk.

My first step and support

Shoes by the door, playlist ready, or someone coming with me.

My smaller version

What feels manageable on a low-energy day? Rest when needed.

My stopping point

One loop, a chosen time, or another clear ending. Stop sooner if unwell.

My return plan

After a missed day, I will return at the next workable anchor.

20 minutes is an example, not a proven ADHD dose or a complete activity recommendation. Choose movement that fits your health and abilities.

Notice what helps

Use what you learn to make the plan fit better.

After a few attempts

Notice enjoyment, energy, mood, sleep, and whether the routine fits.

OPTIONAL • A brief heavy-work experiment

Choose comfortable resistance and agree on a brief ending. This is a personal experiment, not a substitute for a regular movement plan.

The moment I want to make easier

Example: opening my homework after a snack.

The option I want to try

A few wall pushes, kneading dough, or carrying a manageable basket.

Before I begin

How do I feel? What is the next small action?

Afterward

More settled, alert, tired, irritated, unchanged? Is the next action easier?

What I will keep or change

Try another time, change the activity, leave it out, or ask for help.

Stop for pain, dizziness, numbness, unusual breathlessness, or unstable joints. Use age-appropriate resistance and supervision. Ask a healthcare professional about individual limits; an occupational therapist can help with sensory concerns.