

7-Day Feel-Good Challenge: Exercise as Medicine

Welcome to your 7-Day Feel-Good Challenge!

This is a simple, science-backed plan designed to help you boost energy, improve mood, and experience the benefits of Exercise as Medicine - no gym or fancy gear required.

Time Needed: 10-30 minutes a day

Tools: Sneakers, water, optional yoga mat

Daily Checklist

Day	Activity	Check
1	10-min walk + light stretching	<input type="checkbox"/>
2	Dance to 3 of your favorite songs	<input type="checkbox"/>
3	Beginner yoga or mobility flow	<input type="checkbox"/>
4	2 short walks (AM & PM)	<input type="checkbox"/>
5	Bodyweight strength (pushups, squats, lunges)	<input type="checkbox"/>
6	Hike, bike ride, or walk in nature	<input type="checkbox"/>
7	Your choice: Repeat what you loved most	<input type="checkbox"/>

Track Your Progress

- How did you feel before and after the movement?
- What movement lifted your mood the most?
- Did you sleep better, feel clearer, or smile more?