

FREE PRINTABLE + CLICKABLE TRACKER

28-Day Movement Snack Challenge

Small daily practices. A movement habit that fits real life.

YOUR CHALLENGE

Click a daily video, move with the practice, notice the peak feeling, and tick it complete.

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5-10 MINUTES COUNTS.



START HERE

How to use your tracker

1

Choose today's practice

Use the WATCH button. It opens the correct challenge video on YouTube.

2

Move for a few minutes

Complete the practice at your own pace. Even five minutes counts.

3

Notice the peak feeling

Pause at the end and notice the feeling shown beside the practice.

4

Tick it complete

Check the box and return tomorrow. Consistency matters more than perfection.

More movement, shaped by how you feel

Visit Great in Nature for unique daily practices created around how you feel. Follow Instagram for inspiration, reminders, and challenge updates.

[VISIT GREATINNATURE.COM](https://www.greatinnature.com)

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WANT TO MOVE A LITTLE LONGER?

Each short practice also has an optional longer video related to that day's theme, so you can keep moving whenever you have more time.

Week 1 progress

Click the video. Enjoy the practice. Tick it complete.

DAY	WEEKDAY	PRACTICE	PEAK FEELING	DONE	VIDEO
1	MONDAY	Wake Up Your Spine	My back feels unstuck.	☐	WATCH
2	TUESDAY	Happy Hips	My hips feel looser.	☐	WATCH
3	WEDNESDAY	Energy Booster HIIT	I feel awake.	☐	WATCH
4	THURSDAY	Shoulder Reset	My shoulders feel lighter.	☐	WATCH
5	FRIDAY	Core Stability	My center feels strong and supported.	☐	WATCH
6	SATURDAY	Yin Lower Body	My lower body feels released.	☐	WATCH
7	SUNDAY	Deep Reset	I feel calm.	☐	WATCH

Need something different today? Visit greatinnature.com for a practice shaped by how you feel.

Week 2 progress

Click the video. Enjoy the practice. Tick it complete.

DAY	WEEKDAY	PRACTICE	PEAK FEELING	DONE	VIDEO
8	MONDAY	Thoracic Mobility	My upper back feels open.	☐	WATCH
9	TUESDAY	Glute Power	My glutes feel switched on.	☐	WATCH
10	WEDNESDAY	Cardio Burst	I feel energized.	☐	WATCH
11	THURSDAY	Desk Worker Rescue	My chest feels open and my posture feels taller.	☐	WATCH
12	FRIDAY	Core & Balance	I feel stable.	☐	WATCH
13	SATURDAY	Yin Hips	My hips feel spacious.	☐	WATCH
14	SUNDAY	Breath & Restore	I feel rested and grounded.	☐	WATCH

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Week 3 progress

Click the video. Enjoy the practice. Tick it complete.

DAY	WEEKDAY	PRACTICE	PEAK FEELING	DONE	VIDEO
15	MONDAY	Spinal Strength	My back feels strong and supported.	☐	WATCH
16	TUESDAY	Hip Mobility Flow	My hips move more freely.	☐	WATCH
17	WEDNESDAY	Functional HIIT	I feel powerful and awake.	☐	WATCH
18	THURSDAY	Shoulder Strength	My upper body feels strong and open.	☐	WATCH
19	FRIDAY	Balance Builder	I feel steady and focused.	☐	WATCH
20	SATURDAY	Yin Hamstrings	The back of my legs feels longer and softer.	☐	WATCH
21	SUNDAY	Parasympathetic Reset	I feel deeply settled.	☐	WATCH

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Week 4 progress

Click the video. Enjoy the practice. Tick it complete.

DAY	WEEKDAY	PRACTICE	PEAK FEELING	DONE	VIDEO
22	MONDAY	Full Body Mobility	My whole body feels fluid.	☐	WATCH
23	TUESDAY	Glutes & Core	My pelvis and core feel supported.	☐	WATCH
24	WEDNESDAY	Metabolic Boost	I feel warm, strong, and accomplished.	☐	WATCH
25	THURSDAY	Shoulder & Neck Relief	My neck feels free and my shoulders feel soft.	☐	WATCH
26	FRIDAY	Balance & Coordination	I feel coordinated and steady.	☐	WATCH
27	SATURDAY	Yin Full Body	My whole body feels released.	☐	WATCH
28	SUNDAY	Restorative Evening Flow	I feel quiet and ready to rest.	☐	WATCH

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