CHECKLIST

Your first week of movement after gambling

- [ ] Pick one form of movement that needs no equipment
- [ ] Choose a time you can repeat most days
- [ ] Set a target so low that completing it feels easy
- [ ] Write it down after you do it
- [ ] Add one session or extend one session at the end of the week
- [ ] Start again the next day if you miss one
- [ ] Notice how you feel after each session