Week 2 – Video 5 Homework

- ✓ Start on your cardiovascular exercise goal
  - Use an activity tracker to track all exercise and movement
- ✓ Continue with your value-based goal
- ✓ Integrate mindful movement as you work toward your goal
- ✓ Consider informal body scans to see if you notice any changes as you work on your goals

Example Activity Tracker

Date	**Cardiovascular Exercise**	**Other Exercise**	**Physical Activity/ Movement**