

BuiltLean®

7-Day Mobility Routine Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark an "X" for each day you meet the daily intake goal.

The Challenge

Do a 10-minute mobility routine every day for 7-days.

The Benefits

1. Decrease Risk of Injury
2. Increase Strength
3. Age Gracefully

The Considerations

1. Set Your Mobility Routine
2. Habit Stack or Schedule It In

Original post at www.builtlean.com/daily-mobility-challenge/