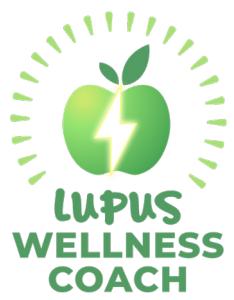


Micro-Win Movement Challenge

Let's keep it simple: Start with 5 minutes a day of gentle movement for 7 days.
This challenge is about consistency, not perfection.
Your body responds to regular love, not pressure.



Challenge yourself to:

Walk after a meal
Do a short yoga video
Stretch while watching TV - before bedtime
Dance to your favorite song
Listen to your body and adjust as needed



No competition here, just you and a new you!

Each day, jot down how you moved and how you felt:

DAY	MOVEMENT TYPE	DURATION	HOW I FELT	NOTES/THOUGHTS
1				
2				
3				
4				
5				
6				
7				

DAILY LUPUS LIFESTYLE & SYMPTOM TRACKER

DATE: _____



QUICK CHECK-IN (YES= ANY SYMPTOM TODAY):

Fatigue Joint pain Swelling Brain fog Rash

1 SLEEP & STRESS:

Sleep: _____ hrs Quality: Great Okay Poor

Stress Level: _____ Minutes: _____

2 MOVEMENT

Moved Today? Yes No Type: _____ Minutes: _____

3 FOOD & HYDRATION

Meals included: Anti-inflammatory Processed/Sugary Gluten/Dairy

Water intake: _____ oz

4 SYMPTOMS & SEVERITY (0 NONE- 5 SEVERE)

	0	1	2	3	4	5
Fatigue	<input type="checkbox"/>					
Joint Pain	<input type="checkbox"/>					
Swelling	<input type="checkbox"/>					
Headaches	<input type="checkbox"/>					
Brain Fog	<input type="checkbox"/>					
Mood Changes	<input type="checkbox"/>					
Rash/Skin Flares	<input type="checkbox"/>					

5 Today I'm proud of: