

A little space for you.

Your strength. Your next chapter.



Body by Candi

bodybycandi.com

Strength. Joy. Across generations.

You have carried a lot. Today, let a little of that care come back to you. One doable step. A little more belief. We begin right here.

With love, Candi Messina Moore

YOUR DAILY COMPANION

A little care. A powerful beginning.

Print this page whenever you need a fresh start. Choose what fits today. One box, several, or a day of rest - this is an invitation, not a test.

Date: _____

☐ **Move with possibility**

Choose a comfortable walk, easy seated movement, or another option that suits you. Rest and adapt when you need.

☐ **Hydrate with care**

Keep a drink within reach and make room for sips through the day. Follow any fluid limits from your care team.

☐ **Find a little daylight**

Enjoy a little daylight if weather and access allow. A bright window is an alternative. Protect your skin and avoid sunburn.

☐ **Nourish your next chapter**

Make your next meal satisfying, with food that works for your needs. There are no calorie targets or food rules here.

☐ **Speak to yourself kindly**

Pause and ask: What would support me today? Choose one small kindness or reach out to someone who helps you feel seen.

☐ **Make room for recovery**

Choose a gentle step toward rest: a quieter evening, a regular bedtime, or a small pause between busy moments.

My one little kindness today:

MAKE ROOM FOR YOURSELF

A week with space for you.

A short walk, a little movement, a moment of care, or rest. Write what feels possible. This page is yours to reuse, week after week.

Week beginning: _____

Monday

My little plan:

☐ I made room

Time / place:

Tuesday

My little plan:

☐ I made room

Time / place:

Wednesday

My little plan:

☐ I made room

Time / place:

Thursday

My little plan:

☐ I made room

Time / place:

Friday

My little plan:

☐ I made room

Time / place:

Saturday

My little plan:

☐ I made room

Time / place:

Sunday

My little plan:

☐ I made room

Time / place:

Rest counts. Plans can change. There is nothing to catch up on.

YOUR MOMENTS OF CARE

Notice what felt good.

Your checkmarks are moments of care, not a health score. Let this page help you notice what supports you and choose a small next step.

What gave me a little more joy or energy?

What made caring for myself easier?

What would I like to make room for next week?

A little reminder from Candi

*You don't have to prove your strength today.
You get to practice caring for it.*

Use the online planner

General encouragement for everyday planning, not individualized medical or exercise advice. Start at your own pace. Stop if movement causes pain or you feel unwell. If you are new to exercise or managing a health condition, ask a qualified professional about suitable movement.