

Activity: Calculating your move freely score can help you track & improve by asking your movements over the last week scaled 0-5 (1 Never, 2 Rarely, 3 sometimes, 4 often or too often, 5 just right)

Natural movements: Over the last week how often did you easily practise ?	1	2	3	4	5
1. Roll rolling in bed or on the floor from lying on back to front & back					
2. Crawl on all 4s on the floor and able to rise to sitting on the ground					
3. Rise rise from the ground to standing and reach arms above your head					
4. Hang pulling up your own weight or carry the equivalent weight					
5. Fall falling safely from standing onto the ground					
Exercise effectively : Over the last week how often did you easily practise ?					
6. Stability moving with of ease in alignment and safety e.g. yoga					
7. Strength moving something heavy -weights, callisthenics gardening					
8. Stamina Sustain your efforts-walk/jog/swim/sing/ dance >30 min Zone 3					
9. Speed Move at the limits of your endurance - 30s sprints , HIIT, zone 4-5 cardio					
10. Suppleness take time stretch & relax tissues daily -yoga, foam roller, massage					
11. Skill focus on learning a skill, discipline, quality or coordination -tai chi					
12. Social / Solo balance enjoying exercising alone & with others-sport dance sex					
13. Spontaneity feel free, creative, motivated and playful with your movements					
14. Support consider context e.g.goals, nutrition, sleep, kit, advice without being uptight					
15. Surrender allowed yourself adequate time to let go, rest and recover					
Find Poise : Over the last week how often did you easily practise ?					
16. Stillness - stand, lie sit & shift comfortably upright >30m -meditate, chi gung					
17. Softness feel able to access (subtly tense/ relax) most muscles-core, bundhas					
18. Slow feel able to surrender to natural rhythms & adapt autonomies- breath					
19. Smile simply enjoy the experience of being and moving					
20. Spiritual your movements felt connected (to self, others, nature & ineffable)					
Add up your running scores in the grey boxes. Then Total here =					