

Your Before Picture

Answer these on Day 1. Answer them again on Day 28. Two minutes, both times.

The checkmark isn't the reward. The checkmark is the evidence. Improvement arrives so gradually that it erases its own before-picture — so write the before-picture down before you start. **Describe it in a sentence. Don't rate yourself on a scale.** Descriptions are harder to fool yourself with than numbers.

1. Getting up from a chair.

How does it feel right now — do you use your hands, do you think about it first?

DAY 1 _____

DAY 28 _____

2. Reaching overhead.

Can you reach a high shelf comfortably? What does it feel like at the top?

DAY 1 _____

DAY 28 _____

3. Turning to look behind you.

In the car, in a doorway — easy, stiff, or something you avoid?

DAY 1 _____

DAY 28 _____

4. The end of a long day.

How do your shoulders, back, and legs feel at nine in the evening?

DAY 1 _____

DAY 28 _____

I START ON

WHICH MAKES DAY 28

Put the second date somewhere you'll see it. Twenty-eight days is not long, and it goes faster when it has an end.

The 28-Day Tracker

After each session: check the box, then write one short line about how it felt.

Not an essay — a few words. *Stiff at first, better by the end.* Or *shoulders happier than yesterday.* Or *had to use Gentle today, that's fine.* Six seconds of writing. • **Some rows will be blank. A blank day is data too.** What matters is the next row, not the empty one.

1	☐	_____	15	☐	_____
2	☐	_____	16	☐	_____
3	☐	_____	17	☐	_____
4	☐	_____	18	☐	_____
5	☐	_____	19	☐	_____
6	☐	_____	20	☐	_____
7	☐	_____	21	☐	_____
8	☐	_____	22	☐	_____
9	☐	_____	23	☐	_____
10	☐	_____	24	☐	_____
11	☐	_____	25	☐	_____
12	☐	_____	26	☐	_____
13	☐	_____	27	☐	_____
14	☐	_____	28	☐	_____

Somewhere around **day 10 to 14** you'll probably have a session where something feels noticeably easier — a movement that was awkward on day 4 that suddenly isn't. Write that one down in detail. That's the day the practice stops being an experiment.