My ‘Deskercise’ Plan

A few minutes of movement, often, beats one long break. Use this worksheet to pick your moves, plan when you will do them, and track your first week. Move within comfort and skip anything that hurts. Use a stable chair without wheels for standing moves.

Move Menu

Each move takes 30 to 60 seconds. Do both sides.

Zone	Move	How
Upper body	Neck tilts	Ear toward shoulder. 3 breaths each side.
	Chin tucks	Glide chin straight back. 8 reps.
	Shoulder rolls	5 forward, 5 back.
	Shoulder blade squeeze	Pinch together, hold 3. 8 reps.
	Chest opener	Clasp hands behind you and lift your chest. 3 breaths.
	Wrists and fingers	5 circles each way, then spread fingers wide 5 times.
	Prayer stretch	Palms together and lower gently. Then backs of hands.
Spine	Seated cat-cow	Inhale and arch. Exhale and round. 6 rounds.
	Seated twist	Sit tall, rotate gently. 3 breaths each side.
	Side bend reach	Arm overhead, lean away. 3 breaths each side.
	Seated knee lifts	Brace your core. 8 each side.
Legs	Ankle circles	8 each direction, each foot.
	Toe taps	Heels down, tap fast for 20 seconds.
	Leg extensions	Straighten, flex the foot, hold 3. 8 each leg.
	Glute squeeze	Squeeze and hold 5. 8 reps.
Legs (standing)	Calf raises	Hold a stable chair. 10 reps.
	Chair squats	Sit back until you lightly tap the seat. 8 reps.
	Hip flexor stretch	Step one foot back, tuck your pelvis. 3 breaths each side.
Eyes and mind	20-20-20	Every 20 minutes, look 20 feet away for 20 seconds.
	Palming	Warm your hands and rest them over closed eyes for 30 seconds.
	Box breathing	Inhale 4, hold 4, exhale 4, hold 4. 4 rounds.

Build Your 2-Minute Routine

Pick one move from each zone. Choose the ones that felt best today, or the spots where you hold the most tension.

My routine	Move I chose	Why this one
1. Upper body		
2. Spine		
3. Legs		
Bonus: eye or breath reset		

Where do I feel the most stiffness by the end of the day? _____

Make It Stick

Attach your routine to something you already do. Tick the cues that fit your day.

- ☐ After every meeting
- ☐ After every phone call
- ☐ Every time I refill my water
- ☐ After I send a big email
- ☐ When I return from lunch
- ☐ My own cue: _____

My reminder plan. I will move every _____ minutes (aim for every 30 to 45). My reminder will come from (circle one): calendar · phone · watch · sticky note · other: _____

My eye reset. I will do 20-20-20 when: _____

My First Week

Mark a tally each time you take a movement break. Rate your end-of-day stiffness from 1 (loose) to 5 (very stiff).

Day	Breaks taken	Stiffness (1 to 5)	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Friday check-in. Which move helped most? _____