Welcome to a new day of MoveDaily!

Good to have you here.

Let's start! press ENTER
Welcome back (...) !

What was your name again?

OK ✓ press ENTER
Welcome back (...)!* What was your name again?

Floris

We recently decided on a **daily** movement. Did you do your movement today, Floris?

*
3. **Awesome!** Don’t forget to reward yourself with a pat on the back and take a moment to appreciate how it feels.

Now that you successfully performed your movement:

- **A** very happy
- **B** happy
- **C** not so happy
- **D** not happy

Hold that feeling and use it as fuel! See, Floris is a person who moves more every day :-)

woah I’m so AWESOME press ENTER

100% completed
Hold that feeling and use it as fuel! See, Floris is a person who moves more every day :-)
Hold that feeling and use it as fuel! See, Floris is a person who moves more every day :-)
I will see you tomorrow Floris for the next day of MoveDaily!