CHECKLIST

Your green exercise starter checklist

- [ ] Identify one outdoor space within fifteen minutes of your home or work
- [ ] Set a specific time of day for outdoor movement
- [ ] Go on days when motivation is low
- [ ] Notice one sensory detail during each session
- [ ] Track your walks or gardening sessions in a simple way
- [ ] Add waterproof clothing for all-weather access
- [ ] Consider joining a community garden or conservation group
- [ ] Contact GamCare or the National Gambling Helpline if urges feel unmanageable