



INCLUDED WITH EVERY PRIME SHIFT MOVE

30-Day Momentum Journal

Build your Prime Shift Rhythm.

A practical digital workbook for making Move part of real life, one repeatable session at a time.

MOVE DIGITAL | MOVE PLUS | MOVE PRO

Version 1.1 | August 2026

Your panel. Your rhythm. Your next prime.

This journal helps you make your Move easier to use consistently. It is not a test and it is not a medical diary.

The aim

Create a simple rhythm that fits your day. Consistency matters more than perfection, and the best plan is one you can realistically maintain.

The five-part Prime Shift Rhythm

01

Choose your cue

Attach Move to something that already happens.

02

Prepare the space

Keep the correct stand, controls and exact model instructions ready.

03

Follow your model

Use the distance, duration and settings stated for your exact Move.

04

Record the session

Tick complete and note how the routine fitted your day.

05

Plan the next one

Choose the next realistic session before you close the journal.

THIS JOURNAL BELONGS TO

Keep exact guidance close.

Digital, Plus and Pro use different formats and controls. This journal never replaces the instructions supplied with your panel.

My Move

MODEL

☐

Move Digital

☐

Move Plus

☐

Move Pro

SERIAL NUMBER

START DATE

MY MANUAL IS KEPT

Before the first session

☐

I have read the instructions for my exact Move model.

☐

I will follow the stated distance, duration and settings for that model.

☐

My panel and stand are positioned securely, with cables and ventilation clear.

☐

I will stop if the panel feels uncomfortable or the unit appears damaged.

☐

If I have concerns about a health condition, photosensitivity or medication, I will seek appropriate professional advice before use.

Important

Session distance, duration and settings must come from the instructions for your exact Prime Shift Move model.

Make the next session easier to start.

Choose a plan that fits your actual week. You can adjust it later without treating a missed day as failure.

MY USUAL TIME WINDOW

THE HABIT I WILL PAIR IT WITH

WHERE MY PANEL WILL BE READY

MY MINIMUM VERSION ON A BUSY DAY

THE NEXT SESSION I AM PLANNING

Optional Prime Shift Look pairing

Look products are optional companions, not a requirement for using Move.

☐ Cleanse before

☐ Use Move

☐ Hydrate after

☐ Protect during the day

Keep it simple

Choose one reliable cue, one prepared space and one next session. That is enough to begin.

Four phases. One sustainable rhythm.

The prompts become more reflective as the month progresses, but the daily action stays deliberately simple.

WEEK 1

DAYS 1-7

Set up and begin

Make the first session easy to start. Keep your exact model instructions close and focus on showing up.

WEEK 2

DAYS 8-14

Make it easier

Pair Move with an existing habit and reduce the decisions needed before each session.

WEEK 3

DAYS 15-21

Protect momentum

Notice what interrupts your rhythm. Make one small adjustment instead of abandoning the plan.

WEEK 4

DAYS 22-28

Own your rhythm

Keep the version of the routine that fits real life. Consistency matters more than perfection.

What you will record

- session completed
- paired habit
- one short routine note
- time of day
- optional Look products
- next planned session

This is a consistency journal

It does not ask you to diagnose symptoms or promise a particular health result. Use it to notice what makes a routine easier to maintain.

What light are we talking about?

Prime Shift Move uses specific light bands measured in nanometres (nm). A wavelength identifies a band of light; it does not, by itself, guarantee a result.

VISIBLE RED

630 and 660 nm

These wavelengths are visible and the active LEDs normally appear illuminated.

NEAR-INFRARED

810, 830, 850 and 940 nm

Beyond normal human vision, so active LEDs can appear dim or unlit.

VISIBLE BLUE

480 nm

A separate visible band on Plus and Pro. It is not red or near-infrared.

The Prime Shift spectrum

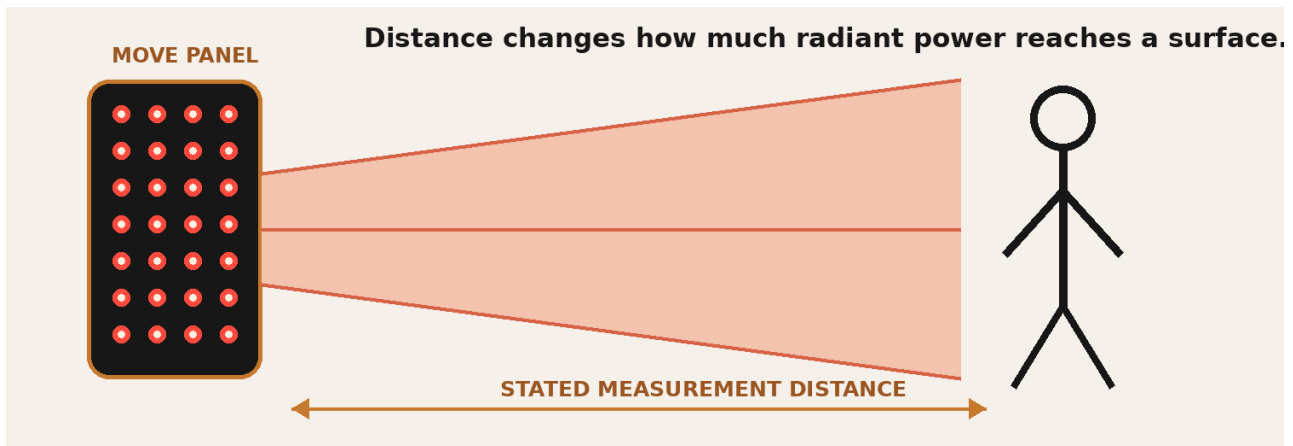
MODEL	BANDS	WAVELENGTHS
Move Digital	5 wavelengths	630 660 810 830 850 nm
Move Plus	7 wavelengths	480 630 660 810 830 850 940 nm
Move Pro	7 wavelengths	480 630 660 810 830 850 940 nm

What the eye cannot tell you

The visible appearance of an LED is not a reliable measure of output. Follow the controls and guidance for your exact Move model.

Distance changes the reading.

Irradiance is the radiant power arriving at a surface per unit area, commonly stated for panels in mW/cm². The stated measurement distance is essential.

**IRRADIANCE**

Radiant power arriving per unit area at a stated distance.

ELECTRICAL WATTAGE

Power used by the device. It is not the same measurement as irradiance.

DISTANCE

Changing the space between panel and surface changes the reading.

LIGHT DOSE

Energy delivered over time. Irradiance and duration both matter.

Do not create your own protocol

Session distance, duration and settings must come from the instructions for your exact Move Digital, Move Plus or Move Pro.

What research can and cannot tell us.

Photobiomodulation research examines red and near-infrared light under defined conditions. Results depend on wavelength, dose, distance, duration, body area, device and study design.

RESEARCH CAN

Examine a defined wavelength and dose

Compare outcomes under stated conditions

Show why settings and distance matter

Inform cautious, evidence-aware explanations

RESEARCH CANNOT AUTOMATICALLY

Guarantee the same result for every person

Prove an exact panel using a different device

Mean more power or time is always better

Replace medical advice or model instructions



KEEP LEARNING

Explore the live Prime Shift Education Hub

Updated references, plain-English explainers and exact routes for Digital, Plus and Pro.

[OPEN THE EDUCATION HUB](#)

Further reading

Chung H et al. Light therapy basics. PMID 22045511.

Huang YY et al. Biphasic dose response. PMID 20011653.

Zhang R et al. Photobiomodulation review. PMID 37762594.

ONE THING I UNDERSTAND BETTER NOW

Set up and begin

Make the first session easy to start. Keep your exact model instructions close and focus on showing up.

DAY	DATE	DONE	TIME	PAIRED HABIT	OPTIONAL LOOK	SHORT NOTE
1		☐				
2		☐				
3		☐				
4		☐				
5		☐				
6		☐				
7		☐				

NEXT PLANNED SESSION

Weekly cue

What made it easiest to begin?

Keep what worked. Adjust what did not.

A short review is enough. Look for practical patterns rather than perfect scores.

WHAT HELPED ME STAY CONSISTENT?

Notice the cue, time, place or preparation that reduced friction.

WHAT GOT IN THE WAY?

Name the real obstacle without judging it.

WHAT IS THE SMALLEST USEFUL ADJUSTMENT?

Choose one change that makes next week easier.

WHAT IS MY NEXT PLANNED SESSION?

Write the date, time window and cue.

ONE SENTENCE TO CARRY FORWARD

Make it easier

Pair Move with an existing habit and reduce the decisions needed before each session.

DAY	DATE	DONE	TIME	PAIRED HABIT	OPTIONAL LOOK	SHORT NOTE
8		☐				
9		☐				
10		☐				
11		☐				
12		☐				
13		☐				
14		☐				

NEXT PLANNED SESSION

Weekly cue

Which cue or habit helped most?

Keep what worked. Adjust what did not.

A short review is enough. Look for practical patterns rather than perfect scores.

WHAT HELPED ME STAY CONSISTENT?

Notice the cue, time, place or preparation that reduced friction.

WHAT GOT IN THE WAY?

Name the real obstacle without judging it.

WHAT IS THE SMALLEST USEFUL ADJUSTMENT?

Choose one change that makes next week easier.

WHAT IS MY NEXT PLANNED SESSION?

Write the date, time window and cue.

ONE SENTENCE TO CARRY FORWARD

Protect momentum

Notice what interrupts your rhythm. Make one small adjustment instead of abandoning the plan.

DAY	DATE	DONE	TIME	PAIRED HABIT	OPTIONAL LOOK	SHORT NOTE
15		☐				
16		☐				
17		☐				
18		☐				
19		☐				
20		☐				
21		☐				

NEXT PLANNED SESSION

Weekly cue

What small adjustment kept you moving?

Keep what worked. Adjust what did not.

A short review is enough. Look for practical patterns rather than perfect scores.

WHAT HELPED ME STAY CONSISTENT?

Notice the cue, time, place or preparation that reduced friction.

WHAT GOT IN THE WAY?

Name the real obstacle without judging it.

WHAT IS THE SMALLEST USEFUL ADJUSTMENT?

Choose one change that makes next week easier.

WHAT IS MY NEXT PLANNED SESSION?

Write the date, time window and cue.

ONE SENTENCE TO CARRY FORWARD

Own your rhythm

Keep the version of the routine that fits real life. Consistency matters more than perfection.

DAY	DATE	DONE	TIME	PAIRED HABIT	OPTIONAL LOOK	SHORT NOTE
22		☐				
23		☐				
24		☐				
25		☐				
26		☐				
27		☐				
28		☐				

NEXT PLANNED SESSION

Weekly cue

What now feels natural enough to continue?

Keep what worked. Adjust what did not.

A short review is enough. Look for practical patterns rather than perfect scores.

WHAT HELPED ME STAY CONSISTENT?

Notice the cue, time, place or preparation that reduced friction.

WHAT GOT IN THE WAY?

Name the real obstacle without judging it.

WHAT IS THE SMALLEST USEFUL ADJUSTMENT?

Choose one change that makes next week easier.

WHAT IS MY NEXT PLANNED SESSION?

Write the date, time window and cue.

ONE SENTENCE TO CARRY FORWARD

Finish with intention.

Use the final two days to complete the month and decide what you want to carry forward.

DAY	DATE	DONE	TIME	PAIRED HABIT	OPTIONAL LOOK	SHORT NOTE
29		☐				
30		☐				

My 30-day reflection

THE PART OF MY RHYTHM THAT WORKED BEST WAS

THE MAIN FRICTION POINT WAS

THE ADJUSTMENT I WILL KEEP IS

THE NEXT SESSION I AM PLANNING IS

Progress is a repeatable plan

The journal is complete when you understand what helps you return to your Move, even after a busy or imperfect week.

Keep the version that fits.

You do not need to make the routine bigger. Keep the useful cues and remove the parts that create unnecessary friction.

MY ANCHOR HABIT

What will reliably remind me?

MY USUAL TIME WINDOW

When is it easiest to protect?

MY PREPARED SPACE

What needs to remain ready?

MY BUSY-DAY VERSION

What keeps the cue alive?

MY OPTIONAL LOOK PAIRING

Cleanse before, hydrate after, protect during the day

MY NEXT REVIEW DATE

When will I adjust the plan again?

MY COMMITMENT

Keep your guidance close.

Use this space for practical setup notes, questions for support or ideas that make your rhythm easier.

Prime Shift support

Education Hub: myprimeshift.co.uk/pages/prime-shift-education-hub
Start Your Prime Shift: myprimeshift.co.uk/pages/start-your-prime-shift
Email: james@myprimeshift.co.uk

Keep your exact model manual and QR card with the product.