

EXERCISE WORKSHEET

How active am I right now? _____

List all activity that is a part of your life right now.

House/Yard Work: _____

Job Related: _____

Hobbies: _____

Exercise Routine: _____

List any type of exercise you want to add to your routine: _____

List ways to motivate yourself to do this: _____

What will this add to your life, how will this enhance your life? _____

