

# Exercise is Fun!

**What are my top 5 excuses for not exercising?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**What steps will I take to eliminate those excuses?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**What exercises do I want to do or learn to do or try out?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**How often do I exercise now?**

\_\_\_\_\_ Days per week

\_\_\_\_\_ Minutes per workout session

**What is my goal for future exercise frequency?**

\_\_\_\_\_ Days per week

\_\_\_\_\_ Minutes per workout session

**What is my ONE big exercise goal for 2009?**

\_\_\_\_\_

\_\_\_\_\_