



WHERE SHOULD YOU START WITH EXERCISE?

WORKSHEET

Go deeper into the topic by jotting down your thoughts to the questions below.

1 What physical activities do **YOU** actually enjoy, if any?

2 When **YOU** think about exercise, what feelings come up?

3 How does **YOUr** current routine (or lack thereof) make **YOU** feel?

4 What goals, if any, do **YOU** have for **YOUr** fitness journey?

5 What barriers do **YOU** face in maintaining a consistent routine?

BONUS: Comment on the post and share with other rYOUminators.