EXERCISE

Here are several questions designed to help you identify elements of what a successful exercise program might look like for you.

1. What time of day do you feel most energetic and alert? AM Midday PM
2. How do you feel replenished? Alone Around People
3. In which environment do you feel most comfortable? Urban Nature
4. What do you enjoy most? Structure/Routine Spontaneous/Changeable
5. Do you like the thrill of competition/winning and losing? Yes No
6. What activities do you remember fondly from your childhood?
For example: flying kites, bowling, softball, dance, riding your bike, surfing. Your answers to these questions can get you started developing an exercise program that you design based on what you enjoy most.

(3 hours of cardio exercise per week is a good goal to shoot for.)

PERSONAL EXERCISE LOG
(FOR THE WEEK OF _____)
[List and record the total number of minutes of any particular aerobic exercise]

EXERCISE (MINUTES)	M	TU	W	TH	F	SA	SU	WEEKLY MINUTES
TOTAL								

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