

# Exercise Worksheet

Write a list of 5 new exercises that you'd like to try:

As you try them, place a star next to the ones that made you enjoyed, and cross off the ones that you didn't.

Write a list of exercises that *you know* you enjoy:

What's the biggest thing stopping you from exercising?

What is one way to combat this one prominent excuse?

# Exercise Worksheet

Write one word to describe your mood before and after you exercise for the next 10 times you exercise:

Before:

After:



Every time you use an excuse to avoid exercise, write it below. This will allow you to critically analyze why you don't want to exercise.