

# WORKSHEET 1: FOCUS ON FITNESS

## MY FITNESS MOTIVATORS AND HEALTH BENEFITS

What motivates you to want to be physically active? Use the boxes on the right to check off what motivates you. Use the extra lines at the bottom to write down other reasons that you want to make fitness a part of your life.

- Have more energy
- Release stress
- Keep my heart healthy
- Improve my overall health
- Manage my weight
- Improve my self-esteem
- \_\_\_\_\_
- \_\_\_\_\_

## MY PHYSICAL ACTIVITIES

Activities such as playing sports, exercising, or dancing are both fun and good for you. What activities do you like to do? Check off some other physical activities you enjoy, or write them in.

- Riding my bike
- Playing a team sport
- Taking a dance class
- \_\_\_\_\_
- \_\_\_\_\_

## MY EVERYDAY ACTIVITIES

You can move your body more by changing your daily routine, such as walking instead of getting a ride. Check off some of the things that you could change, and write in a few of your own ideas, too.

- Walking instead of driving or taking the bus
- Taking the stairs instead of the elevator
- Walking around while talking on the phone
- \_\_\_\_\_
- \_\_\_\_\_

## MY TIME TO GET FIT

You need to make room in your busy schedule to make time for fitness. Think about ways to work in a workout. Check off or add some strategies that will help you make time for fitness.

- Cut TV, internet, & video game time in half
- Take a friend or a group of friends on a walk
- Schedule work-out time in my planner
- \_\_\_\_\_
- \_\_\_\_\_

## MY FITNESS GOALS

Having clear goals can help motivate you and keep you focused. Check off or write in your top three fitness goals for the next month.

- Join a sports team, or learn a new sport
- Try a new dance or aerobics class
- Try an exercise DVD
- Run a mile
- Start a walking club with friends
- \_\_\_\_\_
- \_\_\_\_\_

Great job! You've finished your first worksheet. Now you're on your way to getting started with your new fitness program. Keep this sheet where you can see it to help you stay focused on your goals.