

Exercise and Fitness Goals!

Today's date: _____

My current weight: _____

My target heart rate: _____ (See Step 4)

What are your main motivations for exercising? Use this form to list them. Why bother, you ask? Because writing down the reasons **in your own words** will help solidify in your mind exactly why you want to exercise. If you only have a vague idea that "exercise is good for me", it may be harder to make exercise a habit.

Do you want to lose weight? Look better? Feel less stressed? Prevent heart attacks? Do you want to give yourself better odds that you'll live longer and see your children and grandchildren get older?

There are many, many reasons why people exercise. Chances are that some are key motivations for you! So even if you throw this sheet out as soon as you write them down, take a minute and do it.

If you want help, consult the Exercise Guide, particularly Step 2 ("benefits"), Step 9 ("motivations"), and the Personal Stories.

My top 5 reasons for getting MORE ACTIVE are:

1. _____
2. _____
3. _____
4. _____
5. _____

Now – circle the one that is your #1 reason.



(By the way, why don't you save this sheet to remind yourself in the future?)