

Questions to ask yourself about

# Making Regular Physical Activity a Habit



1. The following is one type of exercise or physical activity that will be easy for me to start with, or easy for me to do more of:

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2. What results do I hope to get from this new or increased exercise/activity?

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3. To start off, how many times a week can I easily do this new or increased exercise/activity?

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4. To start off, how long will each exercise/activity session be?

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5. Where are the easiest places for me to do this exercise/activity?

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6. Will I exercise alone, with a trainer, with a buddy, or in a class?

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7. To vary my routine, what other exercises/activities will I gradually add?

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8. What is one way I will increase my effort over time?

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9. If I have to stop exercising for any reason, how will I make sure I start again?

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10. When will I begin moving more? Today? Tomorrow? Next week?

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