

Setting goals for your health helps keep you focused on improvement. Without doing this, you set yourself up for constant disappointment and a lot of wasted time. So ask yourself- Are you in the best health you could be? Is your health and fitness a daily part of your regimen? When was the last time you were fittest and what were you doing then? When you approach your goals think about these things, be both realistic and honest. If there has been something that you have always wanted to try also put that down as well. Remember this is a way to get things out in the open.

Embrace life. Have confidence in yourself. Take action.

List sports/fitness activities that you enjoy doing.

- | | |
|---|----|
| 1 | 6 |
| 2 | 7 |
| 3 | 8 |
| 4 | 9 |
| 5 | 10 |

Do what you can where you are with what you've got. T. Roosevelt

List short-term goals- these are goals that can be accomplished generally within a month. For example- how many days a week can you commit to exercising.

- 1
- 2
- 3
- 4
- 5

*Anyone who dares to waste one hour of life has not discovered the value of life.
Charles Darwin*

List long-term goals- these are goals that you hope to reach over a course of a year. For example- losing more than 5 pounds, and running a marathon. These goals give direction to the short-term goals.

- 1
- 2
- 3
- 4
- 5

Now lets get into the world of where best intentions go awry. EXCUSES!!!!

*It is the greatest of all mistakes to do nothing because you can do only a little.
Do what you can. Sidney Smith*

Many people have reasons not to exercise. But, you only have one body that you live in. If you treat it badly it responds with pain and your ability to move and play are diminished. It boils down to one thing. Do you think you are worth it? No other person can exercise for you, no person can feed you properly on a day-to-day basis, and you have to decide that you are important enough to care for yourself.

So, what are the factors in your life that block you from exercising? Be specific and try and determine factors that can enable you to deal with them. These can be daily factors or factors that happen on a yearly basis.

1. Excuse#1- time. What is the best time of the day for you to exercise?
Schedule the time and act like it's an appointment that cannot be cancelled!

2
3
4
5
6

Please list the exercise equipment you own.