**Worksheet #1 – February 2017 - The Great Movement Improvement**

**Are you a fit person?**



**Why not?**



**What is my ~Goal With Soul~ around movement?**



**How would you describe your current level of fitness?**



**How would you describe your body?**



**What are your usual Go To excuses around exercising?**



**What else stops you exercising regularly?**



**What do you habitually choose to do instead of exercise?**



**How else do you avoid exercising?**



**How long does an exercise kick usually last?**



**Describe someone who has the level of fitness/body you would like:**



Excellent work honey – use these answers to help kick start your 30 Day ~The Great Movement Improvement ~ Challenge in our facebook group, so you can create a whole new exercise habit this February!

