**~ The Great Improvement Movement ~ Worksheet - February 2017**

**Are you a fit person?**



Yes Kinda Nope

**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!*

**