



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ 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!*

*Louise*