**~ Move and Improve ~ Worksheet 1 - June 2016**

Do this one BEFORE you watch the tutorial! Remember - there are no wrong answers – so don’t judge or edit yourself. Whatever is your first response is perfect!

**How often do you move your body?**



Daily 3-4 times a week Twice a week Hardly ever



Nothing Structured, but I am running around all the time...that counts...right?

**WHY do you exercise that often? WHY?**

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**How much do you enjoy it?**

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**How do you feel after?**

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**Top excuses I usually tell myself as to why I can’t or won’t exercise today**

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2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What I think about women who exercise regularly:**

**Women who exercise all the time are...**

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**… and ...**

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**… and also probably ...**

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**How do I talk to myself when I exercise? What is my self talk?**

Try and write it verbatim …

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*Good work! Now go watch the tutorial!*

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