**~ Witness The Fitness ~ Worksheet 1 - January 2019**

Hola beauty! Fill this in pre-tutorial for max impact. Try and keep your answers specific to movement, exercise, fitness rather than food, eating, rest etc. Hone in on how you did with taking care of your body in terms of fitness and movement in 2018.

**How often did you exercise, and what did you do? Did you enjoy it?**

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**Why do you exercise? Why do you do it?**

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**How would you rate your fitness level in 2018 as a general average?**

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

**What are you particularly proud of fitness-wise in 2018?**

Why?

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**Where did you intend to do better?**

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**Why didn’t it happen?**

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**How would you like to FEEL about your body?**

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**What would you like your body to be able to DO?**

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**What’s the upside of exercise for you?**

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**What’s the downside?**

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**What do you intend for yourself in terms of fitness aspirations in 2019?**

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*Good work, pretty lady! Head on over to the Tutorial and Challenges and let’s get stuck in to ~Witness The Fitness~ and get you set for a great 2019 for you AND your body!*

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