



EXERCISE ACCOUNTABILITY

QUESTIONNAIRE

1. HOW ARE YOU GOING TO MAKE EXERCISE A NON-NEGOTIABLE PRIORITY?

2. WHAT CAN YOU GIVE UP TO MAKE TIME FOR EXERCISE?

3. WHEN YOU DON'T GO WHAT ARE THE REASONS? HOW CAN YOU PUSH THROUGH THOSE DAYS TO MAKE THE TIME?

4. HAVE YOU EVER GONE TO EXERCISE WHEN YOU DIDN'T FEEL LIKE IT? WHATEVER YOU DID OR DIDN'T DO, DID YOU REGRET IT?

5. IF YOU GO ON A DAY YOU DON'T FEEL LIKE IT, OR MAYBE HAVE A SORE SHOULDER, WOULD YOU BE WILLING TO STILL WORK OUT AND COMPROMISE FOR SOMETHING LESS STRENUOUS THAT STILL INCORPORATES MOVEMENT?

6. IT IS RECOMMENDED THAT YOU ELEVATE YOUR HEART RATE FOR AT LEAST 30 MINUTES A DAY 5 DAYS A WEEK. WHAT IS A NEW EXERCISE CHALLENGE YOU CAN PUSH YOURSELF THROUGH NEXT WEEK?

7. BESIDES WEIGHT/HEALTH REASONS WHAT ELSE DRIVES YOU TO ACHIEVE THIS AND WHY IS THIS IMPORTANT TO YOU?



HOMEWORK

- 1.) DOCUMENT YOUR WORK OUTS. HOW LONG AND HOW FAR, WHAT TYPE OF ACTIVITY?
 - 2.) EVERYDAY NOTATE YOUR DURATION, WHETHER IT WAS HIGH, MEDIUM OR LOW INTENSITY.
 - 3.) WHEN YOU ARE READY, INCREASE REPS, WEIGHTS, DURATION, DISTANCE. CREATE NEW GOALS TO REACH.
 - 4.) DOCUMENT HOW DO YOU FEEL BEFORE AND AFTER WORKING OUT?
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