



# LOOKING BACK: A Self-Reflection

## Exercise and Fitness Worksheet

### MY EXERCISE HABITS

How active or inactive are you in your regular life? List a few physical activities you enjoy.

What kind of activities did you participate in when you were growing up? Do these differ from the activities you currently enjoy?

Do you exercise? If so, which days of the week?

For how long do you engage in physical activity each day (minutes/hours)? Also list a few times during your weekly schedule in which you can take “mini exercise breaks.”

Days: Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday

Amount:

Can you list any habits that may be preventing you from getting more regular exercise?

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

Do you have a physical activity routine?

What types of exercise do you engage in? Cardiovascular? Endurance? Do you include strength/resistance training, or flexibility/stretching exercises? How much of each are you doing? Create a list below:

- |                    |             |
|--------------------|-------------|
| 1. Exercise: _____ | Type: _____ |
| 2. Exercise: _____ | Type: _____ |
| 3. Exercise: _____ | Type: _____ |
| 4. Exercise: _____ | Type: _____ |

How do you feel when you don't exercise?

