

FIND YOUR IDEAL WORKOUT TYPE

For each, write how you felt after and any general reactions.

- Home Workout – Written Exercise List _____
- Home Workout – DVD or video _____
- Home Workout – Outside _____
- Gym workout – Audio Exercise Guide _____
- Gym Workout – Music Only _____
- Gym Workout – Personal Trainer _____
- Gym Workout – Group Fitness Class _____
- Yoga Studio – Group Class _____
- Pilates Studio – Group Class _____
- Trainer Via Webcam _____
- Dance Class _____
- Hiking, Bicycling? _____
- Other _____

Try to come up with a few unique activity ideas that might be ways for you to workout without it feeling like a workout. Tricking yourself to workout is a valid way to get some exercise in!