

# Choosing To Move

Below, write down the benefits of being physically active and eating healthfully that are most important to you. Is having more energy one of them? Then list the major reasons why you haven't been more physically active.

## Benefits That Are Most Important To Me:

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

## Barriers That Are Holding Me Back:

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

Think back to a time when you felt better, had more energy or achieved something important to you. What did you do to achieve your goal? What choices did you make that helped you succeed?

## My Success Strategies:

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