



Write what you feel, not what you think you should feel.

The left side pulls you toward moving. The right side pulls you away. If the right side has more, or holds your strongest feelings, that's why you skip.

Keep the sheet. Look at it weekly. Add to the left side as things come to mind.

Some of the feelings you wrote down can come from how you move. Scan the QR code to find out what's going on in your body.



## How I emotionally relate to exercise

What skipping costs me

What I don't like about moving

What I like about moving

What I like about skipping