

KNOW YOUR WHY

IDENTIFY YOUR FITNESS WHY



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This worksheet is to help you find your fitness why. The questions are to get the thought process going. Write as much detail as you would like. If you think of more questions, write them down and answer them. The more detail and emotion you can attach to your fitness why the better. When you finish put the sheet somewhere you have access to every day. Use it when you feel like you need motivation.

NAME: _____ DATE: _____

1. LONG TERM FITNESS GOAL

2. WHY DO I WANT TO ACHIEVE THIS GOAL

3. WHY IS IT **IMPORTANT** TO YOU?

4. HOW DO **YOU CURRENTLY FEEL**
ABOUT YOUR HEALTH & BODY IMAGE

5. HOW WOULD **YOU FEEL** IF YOU
ACHIEVED YOUR GOAL?

6. HOW WOULD **YOU LOOK** WHEN YOU
ACHIEVE THIS GOAL?

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7. HOW WILL YOUR HEALTH & FITNESS BE WHEN YOU ACHIEVE THIS GOAL

8. WHY IS IT IMPORTANT TO YOU?

9. WHY ARE YOU STARTING NOW?

10. WHY ARE YOU SO DETERMINED?

11. WHO ELSE WILL BENEFIT FROM THIS CHANGE?

SIGNATURE: _____ DATE: _____