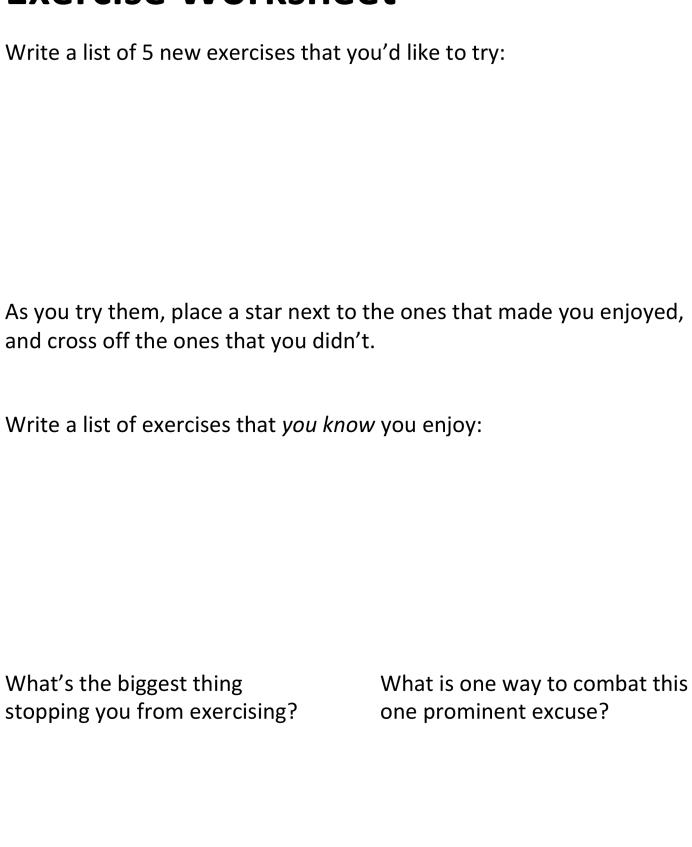
Exercise Worksheet



Exercise Worksheet

Write one word to describe your mood before and after you exercise for the next 10 times you exercise:

Before:

• After:

Every time you use an excuse to avoid exercise, write it below. This will allow you to critically analyze why you don't want to exercise.