

Exercise Choices

Listed below are some options you have when choosing what you want to do for exercise. Think about what will motivate you to exercise, and then circle the option you would choose.

It will help me to exercise if I:

- Go with a friend **or** Exercise alone

- Go outside **or** Stay inside

- Play on a team **or** Play for fun

- Pay money **or** Go for free

- Choose competitive **or** Non-competitive activity

- Choose long-duration **or** Short-duration activity

- Choose high-intensity **or** Low-intensity activity

Can you think of other choices you make when exercising?

Take note of the choices you have circled—they are the factors that will encourage you to exercise!