

Exercise Inventory

Where are you on the Exercise Continuum?

Not Exercising	Starting Exercise	Progressing Exercise	Maintenance of Exercise
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<u>The F.I.T.T Principle</u>	<u>Your average exercise routine in the past 3 months</u>
Frequency = How Often per week?	
Intensity = How Hard do you exercise?	
Time = How Long is each session?	
Type = What kind of activity? (aerobic activity) (walk/ bike etc)	

List your Barriers to Exercise:

1. _____
2. _____
3. _____

List your Strategies to overcome your barriers:

1. _____
2. _____
3. _____

How will I get started this week?
