



MOTIVATION CHECKLIST

Find at least two reasons on the list below that will motivate you to be more active.

- It makes me feel better.
- I look better.
- I have more energy.
- I will feel better about myself.
- It gives me more self-confidence.
- I will sleep better.
- It will help me manage my weight.
- It helps me manage stress.
- I can work without tiring easily.
- I feel strong.
- Other:

Refer back to this checklist for motivation - remind yourself why it's important to move more.