

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Class:** \_\_\_\_\_

### **How Did Your Exercise Plan Go?**

1) Were you able to keep track of all your exercise activities on the exercise calendar (including number of repetitions, duration of exercise, frequency per week)?

- If not, then your goals were not measurable. What could you do to make them measurable?

2) Were you able to complete all exercises that you had scheduled on your calendar?

- If not, what happened to stop you?

- Does this mean that your exercise plan was realistic? Why or why not?

3) What changes would you like to make to your plan? Think of things to add or to take away.

4) What other effects of exercise did you notice in other areas of your life?