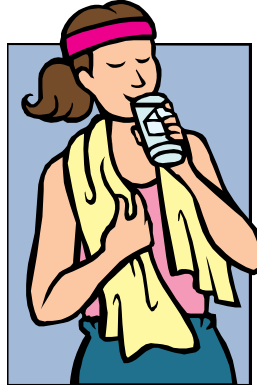


YOUR EXERCISE PROFILE



Use this sheet to set your exercise goals.

Current weekly exercise (list usual frequency of walks, gym visits, etc.):

Do you feel your current regime is good? If so, do you follow it regularly? If not, what would you ideally like to do? Write here what you would like to start doing.

What might get in the way of your doing the above?

List here any ideas for solving those problems:

What could you do this week to start making an exercise regime part of your life?

Continue below to chart an exercise routine

An Exercise Routine

Write here your exercise plan:

Weekly exercise goals:

What I will do to help myself accomplish the above:

List some non-food rewards you can give yourself for exercising:



*For the complete version of this inventory, and for other fitness tools, see:
[Eat Sanely: This Year You Really Start.](#), a self-help workbook course by Terese Weinstein Katz, Ph.D.*