

1. Make an exercise plan for two weeks using both the exercises provided and your own. (Worksheet 1)
 - a. Make a plan for how long you will exercise.
 - b. Choose which exercises you will participate in.
 - c. Follow through on your plan.
2. Figure out your top three excuses not to exercise and find ways to beat them. (Worksheet 2)
3. Keep following the Club Reduce® Eating and Healthy Living Guidelines.
4. Listen to the Self-Mastery Technology recording for this week.

Worksheet 1: My Exercise Plan

Remember take one day off a week to allow your body to rest. Make your goals for week one on the top chart and record your times & exercises on the bottom.

WEEK 1

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min
<u>Goal Reached?</u>	___ Yes ___ No	___ Yes ___ No	___ Yes ___ No	___ Yes ___ No	___ Yes ___ No	___ Yes ___ No

WEEK 2

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min
<u>Exercise</u>	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min	___ Hr ___ Min
<u>Goal Reached?</u>	___ Yes ___ No	___ Yes ___ No	___ Yes ___ No	___ Yes ___ No	___ Yes ___ No	___ Yes ___ No

Worksheet 2: Get Over Excuses

Here is a reminder of some of the reasons you may give as an excuse not to exercise. If these don't apply to you, choose your own.

1. "I'm too busy"
2. "I'm too old!"
3. "I don't like exercising alone."
4. "I'm in constant pain!"
5. "I'm too fat!"
6. "I hate working out at the gym."

My First Excuse: _____

Reality: "How I Can Beat My Own Excuse" _____

My Second Excuse: _____

Reality: "How I Can Beat My Own Excuse" _____

My Third Excuse: _____

Reality: "How I Can Beat My Own Excuse" _____
