



Lesson 9: Homework

- 1) Learn to rocket your body into fat-burning mode! Make an exercise plan for one week and follow through with your goals.
(Worksheet 1)
 - a) Choose what type of exercise you want to do. You can choose to do a session of High-Intensity Interval Training (HIIT), start a regular strength training routine, or find something else that you love (swimming, hiking, biking, etc.)!
 - b) Determine how long you'll complete each of these exercises.
 - c) Follow through with your plan and record your actual exercise times.
- 2) Figure out your top three excuses not to exercise and find ways to beat them.
(Worksheet 2)
 - a. For example, if you think you're too busy to exercise, brainstorm ways that you can make time in your day. If your excuse is that you hate the gym, find ways to exercise outdoors or at home!
- 3) Keep following the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

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Worksheet 1: My Exercise Plan

On the first chart, record your goals for this week. Write in what types of exercise you plan to do in the column on the left. On the second chart, record how much you actually exercised. Did you reach your goal? If not, what can you do differently? You can continue to use this worksheet to guide your exercise routine until you're consistently meeting your goals.

MY EXERCISE PLAN: GOALS FOR THIS WEEK

Exercise:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min
	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min
	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min

Goal Reached?	____ Yes ____ No	____ Yes ____ No	____ Yes ____ No	____ Yes ____ No	____ Yes ____ No	____ Yes ____ No
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MY EXERCISE PLAN: ACTUAL EXERCISE THIS WEEK

Exercise:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min
	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min
	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min	____ Hr ____ Min

Goal Reached?	____ Yes ____ No	____ Yes ____ No	____ Yes ____ No	____ Yes ____ No	____ Yes ____ No	____ Yes ____ No
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Worksheet 2: Get Over Your 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 to exercise alone."
4. "I'm in constant pain."
5. "I'm too fat."
6. "I hate working out at the gym."

My First Excuse: _____

How can you overcome this excuse?

My Second Excuse: _____

How can you overcome this excuse?

My Third Excuse: _____

How can you overcome this excuse?

My Fourth Excuse: _____

How can you overcome this excuse?
