

# Making Fitness Fit Your Lifestyle



- 1. Why am I making this change? Write your reasons here.**
- 2. What resources do I have to make this change?**  
**Remember to use your spiritual resources to empower this change. Memorize scripture verses, pray, and ask for God's help to put off the old and put on the new (Ephesians 4:22-24, Romans 8:29). List your resources.**
- 3. Keep priorities straight. Consider God's will, family needs, personal needs and desires and work responsibilities.**
- 4. Set a SMART goal—Specific, Measurable, Achievable, Relevant, Trackable. Write it here.**
- 5. Prepare to exercise by thinking about possible barriers to exercise:**  
**Schedule activity into your day.**  
**Anticipate problems—weather, busy times, illness**  
**Buy your equipment—shoes, videos/DVDs, etc.**  
  
**List below your exercise days and times here, your alternatives for bad weather and busy times and the equipment that you need.**
- 6. Remember the benefits. List them here:**
- 7. Exercise safely. Check with your physician before beginning, especially if you are over 40, or have cardiovascular disease risk factors or other chronic conditions such as asthma or arthritis. Use proper form in any exercise.**
- 8. Evaluate your whole lifestyle. Which changes will complement your exercise plan?**