



# Find YOUR Fitness Challenge

## Challenge Worksheet

**\*\*FOR PERSONAL USE ONLY\*\***

**DIRECTIONS:** Use this worksheet to help you find the best physical activity fit for YOU. (NOTE: This worksheet will not be shared.)

<b>WEEK</b>	<b>YOUR TASK</b>	<b>YOUR PERSONAL NOTES</b>	<b>RATE YOUR ENJOYMENT</b> = Enjoyed! = Neutral = Did not enjoy
<b>1</b>	<b>List the types of activities you've done <i>in the past</i>, and revisit at least ONE of those activities!</b> (Consider sports and/or active hobbies you enjoyed in your childhood.)		
<b>2</b>	<b>Try something new to YOU this week.</b> Ask friends, family and/or colleagues what types of activities they like to get inspiration.		
<b>3</b>	<b>Engage in an activity with a friend, family member, colleague and/or pet.</b> (This can even be done virtually!)		
<b>4</b>	<b>Add a "fun factor" to an activity this week.</b> "Fun" can be anything <i>you</i> enjoy – music, beautiful scenery, entertainment, a challenge, supporting a cause, etc.		

Please let us know you participated and what you learned about the right fitness fit for you [HERE](#).



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