



# Find YOUR Fitness

## Challenge Worksheet

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

**DIRECTIONS:** Use this worksheet to help find the best physical activity fit for YOU.

WEEK	YOUR TASK	YOUR PERSONAL NOTES	<b>RATE YOUR ENJOYMENT</b> = Enjoyed! = Neutral = Did not enjoy
1	<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.)		
2	<b>Try something new to YOU this week.</b> Ask friends, family and/or co-workers what types of activities they like to get inspiration.		
3	<b>Engage in an activity with a friend, family member, co-worker and/or pet.</b> (This can even be done virtually!)		
4	<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 at: [https://stateofennessee.formstack.com/forms/wfhtn\\_find\\_your\\_fitness\\_challenge\\_submission](https://stateofennessee.formstack.com/forms/wfhtn_find_your_fitness_challenge_submission).