

QUESTIONS TO ASK YOURSELF ABOUT

MAKING REGULAR PHYSICAL ACTIVITY A HABIT



1. The following is one type of exercise or physical activity that will be easy for me to start with, or easy for me to do more of.
2. What results do I hope to get from this new or increased exercise/activity?
3. To start off, how many times a week can I easily do this new or increased exercise/activity?
4. To start off, how long will each exercise/activity session be?
5. Where are the easiest places for me to do this exercise/activity?



6. Will I exercise alone, with a trainer, with a buddy or in a class?

7. To vary my routine, what other exercises/activities will I gradually add?

8. What is one way I will increase my effort over time?

9. If I have to stop exercising for any reason, how will I make sure I start again? (See [Staying Motivated to Exercise: Tips for Older Adults](#) for tips on starting to exercise again after a break.)

10. When will I begin moving more? Today? Tomorrow? Next week?

