

## Physical Activity Barriers

What are your top 3 barriers to being physically active/exercising daily?

1.

2.

3.

Let's problem solve. How can you overcome these barriers?

1.

2.

3.

Low hanging fruit: What is something that you can easily do right now to increase your daily physical activity?

This week, I commit to increasing my daily physical activity by:

Accountability plan: who/what is going to keep me accountable for this goal?