

Reasons Why

I am Taking Charge of My Health and Fitness

Worksheet

When you have enough reasons why you want to do anything, the easier it is to make a commitment and stick to it.

This is what will make change easy and doable.

In fact, with this kind of a mindset, you will find getting yourself into new habits for health will be much easier.

As you see progress, you will be even get more inspired. You will be so proud of yourself, and so should you be.

Please feel free to provide feedback on this awareness exercise. Was it helpful to you? Your input is valued.

DETAILS:

Reasons Why Worksheet

Estimated time:

30 Mins. Or More

Give yourself time to think about why you want to be healthier and more fit.

Intended for:

- Anyone who is serious about their commitment to be their best. And, to be your best means having a healthy and fit body.
- As you know, your health is key to your success in every area of your life.

Upon completing this exercise:

You will have created a “mind set” that will support your success and ability to stick to doing what it takes.

Materials required:

1. Accountability Log PDF
2. Printer.

Prerequisites:

Desire to be healthy.

REASONS WHY

I am Taking Charge of My Health and Fitness

Check off the reasons why you intend to lose weight that applies to you.

Add any other reason you may have that is not on the list.

Following are the reasons why I am getting fit and intend to be the right weight for my size.

NOTE: When you read the list of reasons that apply to you, say, for example:

“I am losing weight ‘because’ or ‘so that’... *I no longer have to take Lipitor.*”

1. I no longer have to take _____ medication(s).
2. I will be here for my grandchildren because I am healthy and fit instead of fat.
3. My BMI is perfect and I am not in danger of getting Diabetes, Alzheimer’s etc.
4. My HDL level is perfect from exercising.
5. My cholesterol/triglyceride levels are perfect.
6. My knees feel great and don’t hurt anymore because I’ve lost _____ pounds.
7. My back feels great and doesn’t hurt anymore from the excess weight.
8. I look great and feel great.
9. When I look in the mirror (without my clothes) I am proud of what I see.
10. I am proud of how I look and not embarrassed anymore because of my weight.
11. I love wearing clothes I could not or would not dare wear before (i.e. bathing suit, shorts, tight clothing) because I didn’t like how I looked.
12. I am a model of good health for my children.

Add more reasons here: I am losing weight **so that...**

15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____