

MY POWERFUL, PRACTICAL PLAN FOR AN ACTIVELY AWESOME SUMMER

POINTS TO CONSIDER	MY OPTIONS	WHAT THAT COULD LOOK LIKE	WHAT NEEDS TO HAPPEN FIRST?
EXAMPLE WHAT'S NEARBY?	EXAMPLE <i>Friend's couch</i>	EXAMPLE <i>10-minute TV couch circuit with tricep dips, lunges, side crunches</i>	EXAMPLE <i>Check out YouTube home workout videos</i>
WHAT'S NEARBY?			
HOW MUCH TIME DO I HAVE?			
WHAT DO I LIKE?			
WHAT COULD I TRY?			
WHAT CAN I SPEND?			
WHAT MOTIVATES ME?			
WHAT ARE MY REALISTIC GOALS?			
WHAT ROAD BLOCKS MIGHT I RUN INTO?			