

## How Am I Doing?

1. Did I stick with my exercise plan for the whole week?

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2. If yes, what helped?

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3. If no, what prevented me from doing so?

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4. Did family members and/or friends encourage or discourage me from participating?

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5. Are my muscles firmer?

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6. Is there a change in the way my clothes fit?

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7. **Aerobic assessment:** Is it easier to breathe when I exercise? Can I exercise longer (e.g., ride a bike longer and breathe easier)?

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8. **Flexibility assessment:** Can I move and bend easier now that I've been exercising?

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9. **Strength assessment:** Is there any difference in my muscle tone? Am I any stronger?

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10. **Endurance assessment:** Can I do more activities during the day? Do I have more energy?

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11. Will I continue with my exercises? If no, why not?

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12. What is my fitness plan for the upcoming week?

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13. What did I learn from this activity?

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