



When Excuses Stop Wellness Happens

Habit Building, Excuse Ending Activity

Activity log for (circle one): *Sunday Monday Tuesday Wednesday Thursday Friday Saturday*

<i>Time Spent</i>	<i>Activity</i>	<i>Observations or Notes</i>

Answer these questions each day:

Did you work out today?

What was your reason/excuse not to?

Could you have worked out if you had put forth a little more effort and attention?

At the end of the week, answer all of the following:

1. *How much time do you waste completing/working on non-essential or “overkill” tasks?*
2. *What are you spending a large amount of your day doing that shouldn't require the time or attention you are applying?*
3. *What patterns do you notice in your excuses each day? (For example, you may notice that you often use fatigue or the desire to be with your family as excuses for not exercising)*
4. *How can you address your excuses in a way that makes exercise possible? (For example, perhaps you can avoid fatigue by working out first thing in the morning; perhaps you can fulfill a desire to be with your family by scheduling a family bike ride)*
5. *Is there a way to fulfill a task on your list while being physically active? (For example, exercising while you catch up on your literature via audiobook)*