

## What Works, What Doesn't?

Think critically about which of the following skills and strategies worked for you and which skills and strategies didn't work. Indicate whether a strategy was very important, somewhat important, or not important to your success in becoming physically active.

	<b>Very important</b>	<b>Somewhat important</b>	<b>Not important</b>
1. Replacing sedentary activities such as watching TV with active ones such as taking short walks.			
2. Becoming aware of the benefits of being physically active, especially the ones that matter most to me.			
3. Setting short- and long-term goals for becoming and staying active.			
4. Rewarding myself for reaching my short- and long-term goals.			
5. Getting support from my family and friends.			
6. Turning negative thoughts into positive ones.			
7. Monitoring how much activity I do every day by counting steps or minutes.			
8. Becoming flexible in thinking about what counts as physical activities.			
9. Finding new opportunities for activity close to my work and home.			
10. Planning ahead for situations that might cause me to relapse.			

What other strategies have helped you along the way? List them here:

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