

My Pros & Cons to Move More

The Pros - My Reasons for Moving More

List all the reasons why you should be physically active. Include both health and person benefits.

The Cons - My Reasons for Not Moving More

List all the reasons that are keeping you from changing your activity level.

Now review your list of pros and check those that will most likely motivate you to move more. Knowing these true advantages will help you be successful at developing your S.M.A.R.T. plan to move more.

Look over this list of cons and check those that are the greatest barriers to your becoming more active. This will be useful to know so you can develop ways to overcome and plan around these barriers as you develop your S.M.A.R.T. plan to move more.



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