

# WEEK 14 of #YOUR2024STORY

## Journal Prompt: *Finding a Sustainable Exercise Routine*

### Understanding Your Unique Needs & Preferences

*Welcome to Week 14 of #Your2024Story* where we dive into the essential topic of crafting a sustainable exercise routine that fits seamlessly into your lifestyle.

#### *Journal Prompt*

1. What types of physical activities do you find most enjoyable and why? Consider both indoor and outdoor activities, as well as group and individual sports.
2. How can you incorporate these enjoyable activities into your daily routine? Think about your schedule and available time slots.
3. Reflect on your past experiences with regular exercise. What were some of the barriers that prevented you from maintaining a consistent routine? These could be physical, logistical, motivational or emotional barriers.
4. Discuss some strategies for overcoming these barriers. How can you address each one specifically to ensure you can maintain your exercise routine?
5. Define your fitness goals. Are they related to strength, endurance, flexibility, weight loss, or overall health? Be as specific as possible.
6. Consider how you will measure your progress towards these fitness goals. Will you use metrics like weight, body measurements, endurance levels, or simply how you feel?
7. How can you make your exercise routine more enjoyable or rewarding? Think about ways to make the process itself enjoyable, rather than just focusing on the end result.
8. Reflect on the sustainability of your exercise routine. How can you ensure that your routine is not only effective but also manageable in the long term?
9. What kind of support system do you have, or can you put in place, to help you stay motivated and committed to your exercise routine?
10. How might you adapt your exercise routine as your fitness level improves, to keep challenging yourself and continue making progress?

**Remember, one size does NOT fit all when it comes to working out. What works for someone else, may not work for you, and that's OK!! Discover what resonates with YOU**