



Increasing Your Physical Activity Enjoyment

If you are not doing any physical activity, think of what type(s) you would like to do.

You may think of what you have done in the past, what you daydream about doing in the future, or what you would want to do if you had the motivation. Write it down below.

If you are doing physical activity, list the types you are doing.

Then rate them on enjoyment (0 no enjoyment - 10 maximum enjoyment).

Type of Movement

Enjoyment Rating

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If you are below an 8 on any type of physical activity, make any notes on how you can improve your enjoyment.

For example, would it help to: Do it with someone else or go alone? Listen to music or change your music? Go at a different time or in a different place? Get creative 😊

Now re-write the type of movement and new enjoyment levels if you were to make the changes you have noted.

Type of Movement

Enjoyment Rating

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If the enjoyment levels are higher, well done, you are on your way to creating a more enjoyable, sustainable way of moving. Now get to actioning your notes!