

Wellness Journal

Name:

Date:

What behaviours/influences are helping me to achieve, or preventing me from achieving, my physical activity goals?

START

STOP

CONTINUE

1. What do I need to **start** doing (or revise) to help me reach my physical activity goals? Why?

2. What do I need to **stop** doing that is preventing me from reaching my physical activity goals? Why?

3. What do I need to **continue** doing to help me reach my physical activity goals? Why?

4. For this submission I am very proud of.....
