Physical Activity Challenges

Personal Challenges and Benefits

Take a few minutes to list your personal physical activity challenges and benefits. As you go through the week, see how many you can add.

The following are my challenges to physical activity.

1	7
2	8
3	9
4	10
5	11
6	12
Physical Activity Benefits The following are the ways I be physically active.	lieve I can benefit from becoming more
1	7
2	8
3	9
4	10
5	11

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