What Matters?

| 1 Value highly | 2 Value somewhat | 3 Neutral | 4 Don't value |
|-------------------|---------------------|--------------|------------------|
| Task | | Value | |
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From Human Kinetics, *Active living every day facilitator training*, 3rd ed. (Champaign, IL: Human Kinetics, 2021). Reprinted from S.N. Blair, A.L. Dunn, B.H. Marcus, R.A. Carpenter, and P. Jaret, *Active living every day*, 3rd ed. (Champaign, IL: Human Kinetics, 2021).