

EXERCISE: ME AND EXERCISING

**1. WHAT IS MY FAVOURITE WAY OF DOING SPORTS
OR EXERCISING?**

2. DO I NEED CHANGES IN HOW I EXERCISE?

Think whether you need changes in how you exercise. Do you need more or less?
Would you like to try out new sports or exercise differently?

3. DO I GET ENOUGH EVERYDAY EXERCISE?

Think also how you could get more of it if needed.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. It occupies the majority of the page's vertical space.