

EXERCISE: THE EFFECTS OF EXERCISING

1. WHAT KIND OF EFFECTS DOES EXERCISING HAVE ON ME?

Think about both positive and negative effects.

A large, empty rectangular box with a thin black border, intended for the student to write their response to the question about the effects of exercising.

2. THINK IN DETAIL WHICH THINGS AFFECT YOUR EXERCISING.

For example, friends or not having them, how meaningful you find exercising, the intensity of the sports, or your anxiousness can affect how exercise is experienced in general.

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