



## Exercise Patterns Recap

*At the end of the week, note any patterns you discovered.*

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| 1 | <b>When do you prefer to exercise?</b>   |
| 2 | <b>Do you prefer exercising alone? With others? Both at different times?</b>   |
| 3 | <b>What do you like or dislike about your exercise?</b>  |
| 4 | <b>What correlations did you notice between your exercise and daily accomplishments?</b>   |
| 5 | <b>Did you notice any correlation between exercise and positive emotions or mental states?</b>   |
| 6 | <b>What did you notice about your prosperity this week (discounts, bonuses, gifts, more/less income, higher/lower expenses, etc.)?</b> |
| 7 | <b>Are there any exercise patterns you would like to shift?</b>  |