



## Remember How You Used to Play

If you are struggling to move enough during the day, sometimes it helps to brainstorm other ways you can fit activities into your day. How did you love to play when you were young? Start there. Begin by listing the things you like to do in the chart provided. Then list what you *dislike* — you don't have to do those activities ever again. When considering your list, ask yourself: "Do these align with my values?"

**Ideas:**

Bike

Walk

Swim

Take an exercise class

Participate in a team sport

Play with your friends

Skip rope

**Things I Like Doing**

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**Things I Don't Like Doing**

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