

7 steps to find
**The Workout Plan
That's Right For ME**

Use this worksheet with the *Faith & Fitness Magazine* article THE WORKOUT PLAN THAT IS RIGHT FOR YOU. Copyright 2012 *Faith & Fitness Magazine* and Lifestyle Media Group.



1. Ask specific questions

2. Explore options

3. Assess experiences

4. Evaluate outcomes

5. Create a plan

6. Stick to it with commitment

7. Revise it when necessary