



Choosing an Activity for Fitness

ACTIVITY _____ (see page 33 for list)

Make several copies of this worksheet and fill them out for each sport or activity you are considering. Tally your answers and you will see which ones fit you!

Skill Level

- | | |
|---|---|
| 3 <input type="checkbox"/> Easy, no skill needed. | 1 <input type="checkbox"/> Need to learn new skill. |
| 3 <input type="checkbox"/> Requires skill, but I already know how. | 0 <input type="checkbox"/> Too risky or too hard for me. |

Convenience

- | | |
|---|--|
| 3 <input type="checkbox"/> I can do this at home. | 1 <input type="checkbox"/> I would need to travel to do this. |
| 2 <input type="checkbox"/> I could do this nearby or in a convenient location. | 0 <input type="checkbox"/> This would be too inconvenient for me to consider. |

Equipment Needed

- | | |
|---|--|
| 3 <input type="checkbox"/> Need no equipment. | 1 <input type="checkbox"/> Expensive, but I think it could be worth fitting into my budget. |
| 2 <input type="checkbox"/> Need equipment, but it's inexpensive; I can buy it used or borrow it. | 0 <input type="checkbox"/> I could never afford this. |

Enjoyment

- | | |
|---|---|
| 3 <input type="checkbox"/> I think this would be a lot of fun. | 1 <input type="checkbox"/> This activity doesn't appeal to me. |
| 2 <input type="checkbox"/> I might learn to like it. | 0 <input type="checkbox"/> I can't think of anything I'd rather do less. |

Social Potential

- | | |
|---|---|
| 3 <input type="checkbox"/> I have a friend or group I could join to begin this right away. | 1 <input type="checkbox"/> I would do this only by myself. |
| 2 <input type="checkbox"/> I would enjoy finding and meeting other people who do this. | 0 <input type="checkbox"/> I would not enjoy the kind of people who do this. |

Improvement Potential

- | | |
|--|---|
| 3 <input type="checkbox"/> I could start doing this now and grow with it. It's a good sport for novices and experts. | 1 <input type="checkbox"/> It's not a starter sport for me, but I could work on it and enjoy it later. |
| 2 <input type="checkbox"/> It's easy to start with some room to improve but not much of a challenge (e.g., exercise machine). | 0 <input type="checkbox"/> I don't fit into this picture. |

Season/Weather

- | | |
|---|---|
| 3 <input type="checkbox"/> Year-round | 1 <input type="checkbox"/> I could do this only a few weeks or months per year (e.g., cross-country skiing). |
| 2 <input type="checkbox"/> I can't do this in bad weather, but I have an indoor backup plan (e.g., walking in a mall). | 0 <input type="checkbox"/> This sport can't be done in my climate or location. |

My Preference

- | | |
|--|---|
| 3 <input type="checkbox"/> Yes, this is definitely my choice. | 1 <input type="checkbox"/> No. I might consider this later, but not for now. |
| 2 <input type="checkbox"/> Maybe I'll put this activity on my short list. | 0 <input type="checkbox"/> No way. I would never do this. |

My total score for this activity is _____
17–23 Close to perfect for me **10–16 This has potential**
4–9 Maybe later **0–3 Not for me**

To download this form, go to www.healthyheartmiracle.com

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For more information refer to *The Healthy Heart Miracle* by Dr. Gabe Mrikin.
 Available at bookstores everywhere and at Amazon.com. ISBN 0-06-019680-7