

MY DAILY UNDEFEATABLE

WE ARE
UNDEFEATABLE

Fill out the sections below and keep this somewhere where you'll see it every day as a reminder of what makes you undefeatable.

WHY DO YOU WANT TO MOVE MORE?
(LIST AS MANY REASONS AS YOU LIKE!)

HOW DO YOU LIKE TO GET MOVING?
(WHAT DO YOU ENJOY, OR WANT TO TRY?)

WHO DO YOU LIKE TO BE ACTIVE WITH?
(DO YOU GO SOLO, OR DO YOU MOVE WITH A FRIEND/FAMILY MEMBER?)

WHAT ARE YOUR GOALS?
(THIS WEEK AND THIS MONTH)

WHAT DO YOU NEED TO DO TO MAKE THIS HAPPEN?
(THINK ABOUT WHEN, WHERE AND HOW?)

MY DAILY UNDEFEATABLE

WE ARE
UNDEFEATABLE

Here's a worksheet to help you keep track of your My Daily Undefeatable check-ins from day to day.

| DAY | HOW DID I MOVE TODAY? | HOW DID I FEEL? | WHAT WILL I DO TOMORROW? |
|-----------|-----------------------|-----------------|--------------------------|
| MONDAY | | | |
| TUESDAY | | | |
| WEDNESDAY | | | |
| THURSDAY | | | |
| FRIDAY | | | |
| SATURDAY | | | |
| SUNDAY | | | |