**Barriers to Exercise**

1. Appoint a note taker for the group.
2. List all group member names here.
3. **Member(s) of the group who exercise regularly (3+ times/week):** Please answer the following questions. The answers should be shared with the group and the note taker should write them down.
	1. What motivates you to exercise?

* 1. What barriers do you face to exercise? *(Because we all face some barriers.)*

* 1. How do you overcome these barriers?
1. **Members of the group who do not currently exercise regularly:** Share your barriers to exercise one at a time. Together with the group, you will work to identify strategies to overcome these barriers. There is a chart is on the back of this sheet to help you organize your thoughts. Use one line for each barrier. You do not need to complete the entire chart. Team members may use multiple lines if multiple barriers exist.
2. What did you learn from this activity? *(Everyone might have a different answer. Jot down all that apply.)*

|  |  |  |
| --- | --- | --- |
| **Group Member** | **Barrier to Exercise** | **Strategy to Overcome Barrier** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |