

Values-Based Exercise Alignment Worksheet

Consistency grows when goals align with values.

Section 1: Your Exercise Goal

My fitness goal:

Why this goal matters to me:

Section 2: Identify Your Values

Choose 3 values that resonate most:

- Self-respect
- Health
- Discipline
- Growth
- Balance
- Confidence
- Energy
- Commitment

My top 3 values:

1. _____

2. _____

3. _____

Section 3: Aligning Values to Action

Value 1: _____

How exercise honours this value:

Value 2: _____

How exercise honours this value:

Value 3: _____

How exercise honours this value:

Section 4: Weekly Reflection

This week, I honoured my values by:

One small improvement for next week:
