

4. DOING IT YOUR WAY

After this challenge, you'll see that being active is about doing what you love, whether it's skateboarding, dancing, or even ninja moves! It's all about finding what makes you happy, not what others say.

CHALLENGES

#1.

(20 min.)



Think about your reasons for getting active. Sometimes we move for fun, and sometimes... we move just to fit in.

Take a moment to answer these questions honestly:

1. Which physical activity do you do mainly to make other people happy (not yourself)?
2. Which physical activity do you do because you feel like you have to, just to be accepted or feel part of the group?

#2.

(55 min.)



Think about the things you loved doing when you were a little kid—what made you super happy or excited?

If you're not sure, ask your parents, family, or old friends to help you remember. Write those things down so you can look at them later if you ever feel stuck or unsure about what you enjoy.

Now, pick something YOU actually want to do right now. Write that down too!



Be active

Be well



PRINT THIS SHEET AND SLAP IT ON YOUR WALL TO GET STARTED TODAY!



#3.

(10 days)



Try doing this activity at least 4 times in the next 10 days. After each one, write down how it felt and what happened. This will help you keep track of your progress and make it even better! Just do your best!

Date	Activity	Bodily/mental experiences	Feelings



Be active

Be well



PRINT THIS SHEET AND SLAP IT ON YOUR WALL TO GET STARTED TODAY!

