

Fitness Timeline

Take time with this project. You may add to it over the course of several days. Begin with what first comes to mind, and add to it as new ideas and memories emerge. Use a journal, additional paper, or other materials, as needed, to build a visual representation of your relationship with fitness.

1) The first thing I think of when someone says "fitness" is:

2) My family believes this about fitness:

3) For most people where I come from, the importance of exercise or physical activity is:

4) What I like about exercise, or physical activity is:

5) What I hate about exercise or physical activity is:

Using as much paper as needed, begin a timeline starting with your very first memory of exercising or of hearing about exercise. Do you remember when you learned what "exercise" was? "Fitness"? Moving through your life, add in things you learned about what it meant to be active, who was in your life that showed you beliefs about fitness, and significant memories associated with physical activity. Be thorough and take your time.