A post-exercise checklist to help you find a workout you actually like

The best exercise for a beginner is whatever you're willing to do on a regular basis, but what if you don't know what that is?

- [ ] Refreshed
- [ ] Calm
- [ ] Fatigued
- [ ] Enthusiastic
- [ ] Relaxed
- [ ] Energetic
- [ ] Happy
- [ ] Tired
- [ ] Revived
- [ ] Peaceful
- [ ] Worn out
- [ ] Upbeat

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