

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