

# 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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