

Exercise Killers Worksheet

1. _____

Counterargument: _____

Evidence supporting your counterargument: _____

How will I overcome this exercise killer? _____

2. _____

Counterargument: _____

Evidence supporting your counterargument: _____

How will I overcome this exercise killer? _____

3. _____

Counterargument: _____

Evidence supporting your counterargument: _____

How will I overcome this exercise killer? _____

4. _____

Counterargument: _____

Evidence supporting your counterargument: _____

How will I overcome this exercise killer? _____
