

Name: \_\_\_\_\_

### It's Your Choice!

**Directions:** As the article “Find Your Best Exercise” (page 22) shows, your personality and preferences guide the kinds of workouts you find most enjoyable. After taking the quiz in the article, locate the exercises on page 25 that best fit your profile and write them in the chart below. You can also add other activities that weren't included in the article. Then, write down the exercises that fall outside of your ideal category but which you still like. Finally, answer the questions below the chart.

#### My Exercises

	Group Free-Form	Group Structured	Solo Free-Form	Solo Structured
Casual Competitive				
Casual Noncompetitive				
Skilled Competitive				
Skilled Noncompetitive				

1. What is your favorite exercise or activity?

\_\_\_\_\_

2. What do you like most about it?

\_\_\_\_\_

3. What did you learn about yourself from taking the quiz and picking out the activities that suit you best?

\_\_\_\_\_

4. Which exercises that fall outside your “comfort zone” would you be most likely to try, and why?

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