

Powerful practical plan for an actively awesome semester

Points to consider	My options	What that could look like	What needs to happen first?
Example <i>What's nearby?</i>	Example <i>Friend's couch</i>	Example <i>10-minute TV couch circuit with tricep dips, lunges, side crunches</i>	Example <i>Check out YouTube home workout videos</i>
What's nearby?			
How much time do I have?			
What do I like?			
What could I try?			
What can I spend?			
What motivates me?			
What are my realistic goals?			
What road blocks might I run into?			