HEALTH HERO CHARACTER SHEET

beahealthygeek.com

Health Hero Name:_____ Character Class: _____ Character Level_____

Will Powers (See blog post)

Character Image:

1) What is your 'why' for becoming a health hero?
2) What is your one line of motivational self-talk?
3) How will you keep yourself accountable?

Date	Warmup	Exercise type and notes	Distance	Time	Increase/Decrease 10%	Cool Down

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Health Hero Habit Building Checklist:

- ✔ Set your alarm clock or a reminder for when it's workout time.
- ✔ Build your will power by: Reviewing your why?
- ✔ Using positive self talk
- ✔ And reviewing your accountability measures in a positive manner.
- ✔ Record your workout, and take the time to reflect on how awesome you feel!