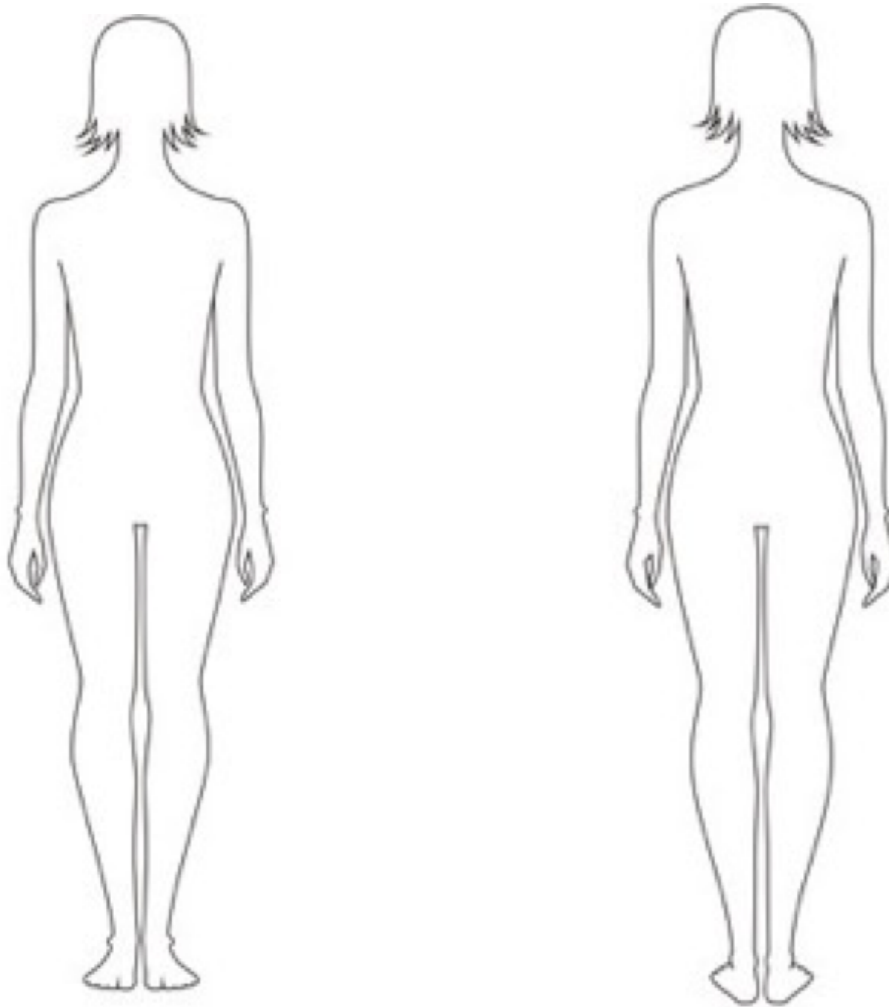


Date:  
Time:

## Workout Body Meditation

You can do the body meditation while you're working out – no one has to know!

While you're moving, turn your attention to how you physically feel. Notice how your body feels at the beginning, at two points during the workout, and at the end.



Note areas on the picture and write specifically how each one feels.  
On a scale of 1 – 10, how strong is this feeling?



What is your body telling you overall (for example, keep going, or slow down)?