**Title**

Ways to Stay Motivated

**Time**

Pre-session preparation for learners:  5 minutes

Session:  20 minutes

**Materials Checklist**

Ways to Stay Motivated

Pen/Pencil

**Objectives**

To identify ways to stay motivated

To evaluate activity progress

**Learners will be able to:**

Identify ways to stay motivated

Evaluate their activity progress

**Exercises and Activities to Complete Before and During the Session**

Activity Progress review

**Pre-session Preparation**

**Read (5 minutes)**

Ways to Stay Motivated

**During the session**

**Present/Review (10 minutes)**

Ask Participants to think about their physical activities.

Read each statement.

Ask participants to write their responses to evaluate their activity progress.

**Discuss (10 minutes)**

Discuss ways to stay motivated and how to manage their stress.

Encourage Participants to recognize their success.