

Should I be exercising right now?

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- Am I exhausted?
- Am I in pain?
- Am I busy with work/study/social life/family?
- Am I unwell?
- Am I feeling guilty for what I have eaten?
- Am I distressed about my weight?
- Am I only going because it's what's expected of me?
- Am I dissatisfied with my body image?



- Do I enjoy this workout?
- Will I be seeing friends while I'm working out?
- Do I have some time today to head to the gym?

