

# 5:2

YOUR LIFE



## YOUR MOVEMENT DNA

Spend 10 minutes thinking about the kinds of activity you enjoy – and the kind you'd run a mile from. Mark where you are on each of these lines and then jot down some notes about your reaction to each question.

○-----○  
I love the outdoors, whatever the weather Brrrr – can't stand the cold or the wet

○-----○  
Team games are fun – I love working together Team games are hell – I hate the pressure

○-----○  
I love to compete against others I prefer to compete against my own personal bests

○-----○  
I feel great when I can measure or count my achievement in time or information I prefer to focus on how I feel and my mood after an experience

○-----○  
I already move a lot in my spare or leisure time I am pretty inactive or unfit at the moment

○-----○  
I can afford to invest a little money on being active I don't have a budget or don't want to spend anything

○-----○  
I love moving for its own sake I'd prefer to achieve something else at the same time

○-----○  
I don't have any current health issues that would restrict me I do need advice or support before starting a new routine.

- Jot down any activities enjoyed as a child or a younger adult.
- Use your answers to brainstorm activities you might enjoy.

Don't forget, there are lots of ideas in 5:2 Your Life