

1. What have you enjoyed the most about the last 2 months of training?
  
2. What did you do on the days you were successful in your training?  
(what were your behaviours and actions that made you successful)
  - a. *With the group:*
  
  - b. *Without the group:*
  
3. When you did these things how did they benefit your training?
  
4. How can you make sure you incorporate these behaviours and actions into your everyday life moving forward?
  
5. On the times you struggled with training or didn't get your training in why did that happen?
  
6. Looking back on those times, in hindsight, was there a way you could have got your training in?
  
7. Looking towards the future, how will you be able to identify this behaviour creeping in if it happens again? (What are the signs?)

8. What will you do to be successful when you actually see this behaviour pulling you away from exercise?
  
9. Who are the people in your life who can support you with this and what can they do to support you?
  
10. What have been the benefits of you doing Get up to Five/Club10k (both physically and mentally?)
  
11. What have been the biggest lessons you have learnt during the last 8 weeks?
  
12. If you were to focus on improving 2 areas around your training in the next period of time what would they be?
  - a)
  - b)
  
13. Why are you proud yourself?
  
14. What next?  
What am I going to aim for next to make sure I keep moving and growing from this point on?

Message to self: