**​Option C: Try a new activity and document the experience**

Not every activity, works for everyone.

Examine what motivates you when working out and try a new activity that meets those needs.

**Step 1: Determine what motivates you personally to work out. Post the results on your portfolio!**

How can you do this?

1. **Take an online quiz!**

This [quiz](http://exercise.about.com/library/blfitnesspersonalityquiz.htm) tells you about what motivates you personally when working out

This [quiz](http://the8colorsoffitness.com/) tells you about your “fitness personality” as is based on the Myers-Briggs theory.

To find out what your fitness personality results mean, click [here](Suggested%20Activities:%20https:/experiencelife.com/article/your-fitness-personality/).

1. **Ask yourself these questions:**

Questions to Consider when designing a new fitness plan:

1. Have I done any activities in the past that I enjoyed? Has anything caught my eye recently?

Think back to grade school gym class. What were your favorite activities as a kid? Are any of your friends doing activities you'd like to try? Want to connect to your heritage by participating in Highland Games or Thai dancing?

1. How much time do I have?

Does your schedule vary from day to day? When during the week do you have time to workout? Is it better to try longer spontaneous events or shorter scheduled ones?

1. What is my fitness level right now?

Being realistic about where you're starting from can help you set realistic, healthy, achievable goals

1. What is motivating you?

Love spending time outside? Looking for a chance at meditiation and relaxation? Do you NEED to win? Are you just looking to have fun with friends?

1. How much money am I willing to spend?

Keep an eye out for deals, most fitness classes offer a free introductory class. Some yoga studios offer a discounted intro month. If money isn't an option, why not try YouTube or start a sport league with friends.

Cooper, Sandy. "Fitness Friday :: 10 Questions to Ask Yourself Before You Set New Fitness Goals." <i>The Scoop on Balance</i>. N.p., 14 Dec. 2012. Web. 20 July 2015.

**Step 2: Try a new activity. Take a video or photo of this experience and share it on your portfolio.**

**Step 3: Post a brief reflection to your portfolio**  
In your reflection, answer these 3 questions:  
- Why did you initially pick that activity?  
- Will you do it again? Why or why not?  
- What did you learn about yourself and how you work out best?

**Still need some inspiration? Why not try one of these activities:**

Geocaching

- Rock climbing

- Dancing

-Martial Arts

- LARPing

- Yoga

- Pilates

- Active Video Games

- Bike to School/Work

- A childhood game (ex. Tag or Capture the Flag)

- Hurling

- Parkour

-Hike

- Trash cleanup of your local park

- Head to the dog park

- attend a community dance

- Attend a cultural event with dancing

- Sight see your city by foot or bike

- Participate in a battle re-enactment

- Horseback riding

- Roller blading

- Trampoline Park

- Bowling

- DDR

- Pickup sports

- Laser Tag

- Water balloon/gun fight

-Create an obstacle course

- Participate in an obstacle course race (like ToughMudder or Color Run)

- Synchronized Swimming

- Rowing or other boat sports

- Charitable Run