

Potent, powerful, practical plan for an actively awesome summer

Points to consider	My options	What that could look like	What needs to happen first?
<p>Example What's nearby?</p>	<p>Example Friend's couch</p>	<p>Example 10-minute TV couch circuit with tricep dips, lunges, side crunches</p>	<p>Example Check out YouTube home workout videos</p>
<p>What's nearby?</p>			
<p>How much time do I have?</p>			
<p>What do I like?</p>			
<p>What could I try?</p>			
<p>What can I spend?</p>			
<p>What motivates me?</p>			
<p>What are my realistic goals?</p>			
<p>What road blocks might I run into?</p>			