

# Potent powerful practical plan for an actively awesome summer

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