**1B.4:** Describe two personal exercise adherence factors and two strategies for training success

**Adherence Factor 1**

**Adherence Factor 2**.

**Strategy for training success 1:**.

**Strategy for training success 2:**

**2B.P4:** Describe four personal exercise adherence factors and four strategies for training success

**Adherence Factor 3**.

**Adherence Factor 4**.

**Strategy for training success 3:**.

**Strategy for training success 4:**