

| BUT | BUT REBUTTAL |
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| I really should go to the gym, but I'm just not in the mood. | But I'll feel more like it once I get started. |
| But I'm too tired to go to the gym, and my muscles still hurt from last time. | But I could at least get up and take a brisk long walk. |
| But I'm watching golf, and it's a good match. | But that's not going to burn any calories, and the match will be on for hours. I won't miss much. |
| But I'm feeling too lazy, and walking is getting so boring. | But that can't be true. I haven't missed my goal to go 10,000 steps a day in 2 weeks. |
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