

NAME \_\_\_\_\_

# How Fit Am I?

List physical activities by their element of fitness, then rate them.

	Great!	OK	NEEDS WORK
<b>Muscle Strength Activities</b> _____ _____	_____ _____	_____ _____	_____ _____
<b>Muscle Endurance Activities</b> _____ _____	_____ _____	_____ _____	_____ _____
<b>Flexibility Activities</b> _____ _____	_____ _____	_____ _____	_____ _____
<b>Cardiovascular Endurance Activities</b> _____ _____	_____ _____	_____ _____	_____ _____

Sports and physical activities I am good at and why:

\_\_\_\_\_

Sports and physical activities I would like to improve in and why:

\_\_\_\_\_

A new sport or activity I would like to try and why:

\_\_\_\_\_

My plan for trying this new sport or activity:

\_\_\_\_\_