



Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

### Fall Fitness Reflection

**Directions:** Take time to think about you feel and then answer the following questions.

1. How do you feel about your performance on the fall **FITNESSGRAM** test?

*I feel \_\_\_\_\_ about the results of the Fitnessgram test because...*

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2. Which 3 test results are you most proud of and why?

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3. How do you plan to improve on your fitness test to reach your spring goals? Be specific.

4. Is **FITNESS** important to you? Why or why not?

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5. What is your personal physical activity goal? (*Personal fitness, health or sport/activity*)