

Name \_\_\_\_\_

Date \_\_\_\_\_ Block \_\_\_\_\_

### 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...*

- 
- 
- 

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

- 
- 

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? (Use full sentences)

- 
- 
-