

## Instructions

Complete the following activities and questions to explore your understanding of physical fitness and health. Have fun and reflect on your personal fitness journey!

### Part 1: Personal Fitness Assessment

1. List three physical activities you enjoy doing.

2. On a scale of 1-10, how would you rate your current fitness level? (1 = Not fit at all, 10 = Extremely fit)

3. What specific fitness goals do you have for yourself this year?

### Part 2: Nutrition Reflection

4. Name two healthy foods you like to eat.

5. How many servings of fruits and vegetables do you consume in a day? Provide an average.

6. Why do you think nutrition is important for physical fitness?

### Part 3: Exercise Knowledge

7. What is the recommended amount of exercise for teenagers each week?

8. List two benefits of regular physical activity.

#### **Part 4: Reflection**

9. Describe a time when you faced a challenge in staying active. What did you do to overcome it?

10. What is your favorite type of exercise or sport? Explain why you enjoy it.