

Goal Setting

STEPS

1. Read the following article:

<https://www.askthetrainer.com/5-components-of-physical-fitness/>

- In paragraph form, write a summary of the article. Be sure to include why **EACH** of the 5 components of physical fitness are important.

2. REFLECTION

- Pick your weakest fitness test score and write a paragraph including 3 things you can do to improve that score by the end of March (final test).

Nuts & Bolts

1. Complete the project in Google Classroom.
2. Summary and Reflection should be completed in font size 12.

