

Standing Long Jump: *Muscular strength*

PACER (Beep Test): *Cardiovascular*

Sit and Reach: *Flexibility*

3. State three (3) challenges or barriers that may prevent you from meeting your goals?

4. What steps will I take to overcome these barriers listed above?

5. Comment on your healthy active lifestyle.

- What steps are you taking to stay healthy
- Where do you need to make improvements and why
- Discuss some positive and negative health consequences due to your choices

(Please type and print a separate piece of paper for your response and attach it to this paper)

Format for Reflection (part 3)

Double spaced

Times New Roman

Font 12

No Title page needed**

IMPORTANT NOTES

1. Grammar and spelling counts
2. Neatness counts (Paper not crumpled, hand writing on the lines, etc)
3. Punctuality (handing paper in on time)