**List the names of all group members:**

|  |  |  |
| --- | --- | --- |
| **Check Point #** | **Distance** | **Record HR Data for All Group Members** |
| Check Point 1 | 100M |  |
| Check Point 2 | 200M |  |
| Check Point 3 | 400M |  |
| Check Point 4 | 800M |  |

**Check Point (CP) Questions**

**(Allow each group member to provide an answer to the questions below.)**

CP 1: Give an example of a person who has demonstrated perseverance. Briefly discuss why you choose that person?

CP 2: What is 1 benefit to exercising in the Heart Health target heart rate zone?

CP 3: Name a sport or activity in which physical activity in the Max Performance heart rate zone would be important?

CP 4: What is 1 thing you can do to ensure that you’re getting enough daily physical activity.

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|  |  |  |
| --- | --- | --- |
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