

**Complete this short physical education questionnaire
and return it to your physical education teacher.**

RESOURCES

Make a list of all of the physical activity, exercise, and sport equipment that you have in your home. List all of the items that you can use whenever you want to.

Make a list of some items around your home that might not be made specifically for physical activity but could be modified or used in a modified way for a physical activity or exercise. (For example, cans of corn can be used as light weights for muscular fitness exercises.)

INTERESTS

What is your favorite way to be physically active?

What is 1 way that you could be physically active each day — even if it's not your favorite?

What are 2 activities that you'd like to learn more about this year in physical education class?

BARRIERS

What is 1 thing that makes it difficult for you to be physically active at home?

What are 2 possible solutions to help you overcome that challenge?