Fitness Fun

HOW GREAT WERE WE?

Week 1

Give a thumb to give your answer.

• Do you know anyone that can help you be physically active every day?

• Do you know any physical activities that are good for your health?

• Do you know how to practice equal breathing?

• Do you know when it is helpful to practice equal breathing?

We can always get better! What can we do the next time we meet to improve?
Week 2

Give a thumb to give your answer.

- Do you know what the 5 food groups are?
- Can you name at least 1 food from each group?
- Can you recognize nervousness?
- Can you practice breathing to help improve your nervousness?

We can always get better! What can we do the next time we meet to improve?
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HOW GREAT WERE WE?

Week 3

Give a thumb to give your answer.

• Do you know what HIIT Training is?

• Can you create your own HIIT Training routine?

• Did you act in a responsible way during class today?

• Will you be helpful and responsible at home?

*We can always get better! What can we do the next time we meet to improve?*