Name:
School:
Facilitator:

## 6.01 Your Fitness Test

**Answer the following questions in complete sentences. Put all answers in your own words. Do not copy and paste directly from the lessons.**

1. Reflect on each of the fitness test items and why you think they are important. Include the fitness zone you tested into (N, H, HFZ) for each test.
Aerobic Cardiovascular Endurance:     Muscular Strength / Endurance:     Abdominal Strength / Endurance:     Flexibility:
2. How did you do on your fitness test? Your scores will be reported on your Physical Activity log, so focus here on discussed how you feel about your results – what you did well on, what you could improve, and what surprised you. Your response should be 1-2 paragraphs in length.