

PE Month 1

FITNESS
RESOURCE

GETTING STARTED

STUDENT HANDOUT 2

1. List at least three reasons to begin exercising. _____

2. Make a plan of action. State goals for your program. (daily, weekly, monthly)

3. List all positive forces that will help you achieve your goals. _____

4. List all negative forces that will hinder you. Consider ways to prevent these forces from affecting you. _____

