Student Name: PE Class Period:\_\_\_\_\_\_\_\_\_\_

Journal Entry Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***When answering the following questions, reflect upon your Fitnessgram scores and your Healthy Fitness Zone (HFZ) results:***

Which Fitnessgram components were you successful in reaching the Healthy Fitness Zone? Please list each component and your results.

1.

2.

3.

4.

5.

What changes in your lifestyle would help you improve +/or maintain your Healthy Fitness Zone results?

List 3 fitness related goals that will help you improve your spring 2013 Fitnessgram results:

(Example: I will decrease my mile run time by including a cardiovascular exercise 3-5 times per week).

1.

2.

3.