

Reflection

Look back at the fitness goal you set, the plan you created and the log of what you actually did. Complete the questions below to write a reflection of your work and progress. Remember to complete a post test and record your scores on page 16.

How did you apply the principal of overload?

Did you reach your fitness goal that you formed on page 23 Why or why not?

What strategies helped you to achieve your goal? What obstacles got in your way?

Who helped you reach your goal (friends, family members, etc.)? How?

Describe how you plan to continue to challenge yourself now that you have completed your Fitness Portfolio. Remember, to use the principle of overload gradually increase intensity, frequency or time.