Student Resource 1: Fitness Journal Movement Competence, Active Living Fitness



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Date:

Write one or more sentences reflecting this lesson.

Name: _____

You may wish to use the following questions as a guide. What did you learn today? What did you enjoy? How might you be able to apply this skill/information this year? What did you do well? What can you improve? What can you do to improve?

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	