



## PE 7 M1W2- Activity

### What I Have Learned

Complete the sentences after the administration of Physical fitness Test.

Experiences during the administration of Physical Fitness Test	Difficulties encountered	Overcoming difficulties

#### Activity 5: Make a Commitment

My Personal Contract

I agree to increase my participation in Physical Fitness Activities. I will closely monitor my activities to reach my goal plan.

My plan for increasing my participation includes the following strategies:

1. \_\_\_\_\_ 2. \_\_\_\_\_
3. \_\_\_\_\_

I will keep in mind the reasons why I participated in the activity which include the following:

1. \_\_\_\_\_ 2. \_\_\_\_\_
3. \_\_\_\_\_

I understand that it is important for me to make a personal effort to achieve my goal. With that, I sign this contract as an indication of my personal commitment to this plan.

Name: \_\_\_\_\_ Witness: \_\_\_\_\_