*Fitness Routine Reflection*

Instructions: Using this document please answer the questions below. Responses should be written in paragraph form (minimum 5-7 sentences). When completed, email the document to your Physical Education teacher. [mullenb@fultonschools.org](mailto:mullenb@fultonschools.org) [daunenhauer@fultonscholls.org](mailto:daunenhauer@fultonscholls.org) [owensj4@fultonschools.org](mailto:owensj4@fultonschools.org)

1. Where did you draw ideas from for your groups’ routine? Did you have prior fitness knowledge from fitness centers, sports teams, or did you learn these elements throughout your Physical Education experience?
2. What are some of the benefits of exercising with a group as opposed to exercising individually?
3. What equipment did you choose to use during your routine? Did it enhance your routine? Why or why not?
4. What is your Target Heart Rate Zone and did you reach it during your routine? Why would it be beneficial to know whether or not you reached your target heart rate?
5. What components of fitness did your group focus on (cardiovascular endurance, muscular strength/endurance)? Did this routine help you improve upon the personal fitness goals you set for yourself at the beginning of the semester? Why or why not?