|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Physical Fitness

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| C | I | B | O | R | E | A | N | A | U | R | T | O | T | O | C | D | I | E | T | D | N | U | G |
| G | N | M | U | S | C | U | L | A | R | S | T | R | E | N | G | T | H | Q | A | W | M | Z | R |
| V | L | D | B | T | F | I | L | K | N | U | R | T | E | D | P | F | U | N | K | F | C | G | E |
| W | U | E | S | A | C | J | O | Y | W | B | F | E | Y | J | J | M | C | F | I | S | F | Z | Y |
| A | R | T | X | E | S | K | Q | T | U | B | M | C | T | I | I | E | U | V | N | E | P | L | I |
| T | C | A | X | N | U | K | P | Y | H | I | Q | I | I | F | G | P | S | J | S | C | R | Z | W |
| J | A | R | H | E | X | A | E | I | T | E | M | B | L | V | C | A | G | E | S | K | I | P | J |
| Z | C | T | K | O | E | S | S | T | H | E | C | O | I | Z | M | C | T | Y | Q | H | U | Q | O |
| F | M | R | Y | L | H | Z | I | W | B | E | U | R | B | O | W | E | J | P | O | I | U | W | V |
| O | B | A | V | P | M | P | V | N | Y | A | O | E | I | L | V | R | O | F | C | G | U | G | I |
| O | F | E | O | T | E | B | F | K | H | M | L | A | X | J | E | K | E | V | L | C | A | E | J |
| T | Y | H | T | C | F | B | T | S | A | N | R | L | E | S | V | R | U | D | Z | A | T | Z | H |
| B | P | B | S | O | C | I | X | Q | O | J | L | X | L | E | C | E | P | O | R | P | M | U | J |
| A | F | U | P | W | T | F | V | F | K | C | R | S | F | G | L | A | G | I | L | I | T | Y | H |
| L | O | Q | X | B | Q | E | O | S | Z | M | C | D | E | N | N | J | J | T | P | K | M | N | P |
| L | W | A | L | K | I | N | G | J | G | R | L | E | N | I | B | L | Y | P | L | R | L | U | L |
| X | K | Y | C | N | E | U | Q | E | R | F | K | Q | R | N | M | I | Q | N | A | L | I | S | L |
| D | F | C | Z | U | I | N | T | E | N | S | I | T | Y | N | Q | P | L | I | N | W | Q | K | U |
| P | N | U | S | H | N | J | L | D | O | J | P | J | O | U | N | G | F | J | K | J | B | R | M |
| Z | Z | M | U | S | C | U | L | A | R | E | N | D | U | R | A | N | C | E | C | H | H | Z | R |
| P | S | K | C | A | J | G | N | I | P | M | U | J | Z | U | C | U | F | Y | P | Y | T | D | A |
| S | U | U | J | T | M | X | Q | N | A | H | D | Z | F | Y | A | T | K | W | H | A | Z | U | Z |
| S | N | O | I | T | I | S | O | P | M | O | C | Y | D | O | B | C | U | R | L | U | P | S | G |
| A | S | K | S | R | G | H | A | W | S | P | U | H | S | U | P | G | T | S | D | Z | B | L | F |

   Type       Time       Frequency       Intensity       Leap       Hop       Jump       Skip       Flexibility       Agility       Diet       Yoga       Soccer       Jump Rope       Dance       Football       Basketball       Walking       Running       Jumping Jacks       Plank       Curl Ups       Push Ups       Pacer       Trunk Lift       Heart Rate       Anaerobic       Aerobic       Muscular Endurance       Muscular Strength       Body Composition