



KEEPING FIT SCORE SHEET

Complete all **twelve** (12) Project Interest Areas, **three** (3) “More Challenges” activities, and carry out a three-week fitness plan in Keeping Fit. Complete the program in one year. If you do additional “More Challenges” activities, please **check** (✓) the **three** (3) activities you want to be graded. Record in your Keeping Fit notebook the what, when, where, and how you accomplished each selected “More Challenges” activity. Include your notebook with your project book for grading. (**Maximum: 60 points only.**)

	Possible Points	Your Score
Activity 1: Preparing Your Files		
<input type="checkbox"/> Identifying the components of fitness (pages 6-7)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 7)	<u>4</u>	_____
Activity 2: Find Out About Fitness		
<input type="checkbox"/> Understanding the benefits of keeping fit (pages 8-9)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 9)	<u>4</u>	_____
Activity 3: Fitness Feedback		
<input type="checkbox"/> Sharing the benefits of staying fit (pages 10-11)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 11)	<u>4</u>	_____
Activity 4: High Performance		
<input type="checkbox"/> Tracking your water intake (pages 12-13)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 13)	<u>4</u>	_____
Activity 5: Organize Your Favorites		
<input type="checkbox"/> Choosing naturally nutrient-rich foods (pages 14-15)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 15)	<u>4</u>	_____
Activity 6: Delete the Junk		
<input type="checkbox"/> Recognizing accurate and fraudulent information about supplements and enhancers (pages 16-17)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 17)	<u>4</u>	_____
Activity 7: Optimum Performance		
<input type="checkbox"/> Warming up muscles, stretching, and cooling down (pages 18-19)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 19)	<u>4</u>	_____
Activity 8: Avoid a Crash		
<input type="checkbox"/> Wearing the proper protective gear (pages 20-21)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 21)	<u>4</u>	_____

Activity 9: Your Fitness Facts

___ Measuring personal heart rate, BMI, flexibility, endurance, and strength (pages 22-23)	<u>4</u>	_____
___ More Challenges activity (page 23)	<u>4</u>	_____

Activity 10: Customize Your Files

___ Designing a personal fitness plan (pages 24-25)	<u>4</u>	_____
___ More Challenges activity (page 25)	<u>4</u>	_____

Activity 11: Use Your Files

___ Planning for accountability to a personal fitness plan (pages 26-27)	<u>4</u>	_____
___ More Challenges activity (page 27)	<u>4</u>	_____

Activity 12: Show Your Results

___ Sharing your fitness results (pages 28-29)	<u>4</u>	_____
___ More Challenges activity (page 27)	<u>4</u>	_____

My Own “More Challenges” Activities

_____	<u>4</u>	_____
_____	<u>4</u>	_____
_____	<u>4</u>	_____
_____	<u>4</u>	_____

Keeping Fit Planning Guide (pages 3-5)

<u>5</u>	_____
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Exhibit: (**Maximum 15 points only**)

<u>15</u>	_____
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A poster or educational display on a Keeping Fit activity completed this year plus your “More Challenges” activities notebook and project book.

Activity Record

<u>20</u>	_____
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Total Score

<u>100</u>	_____
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Judges Comments: _____

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