

POWER STANDARD 2: I Can Train Myself and Others**SELF-REFLECTION**

Name: _____

_____ I have acquired the knowledge of skills necessary to maintain a health-enhancing level of physical fitness.

_____ I am able to create and implement a fitness plan according to my body-type needs, goals, and fitness maintenance.

Please explain how you meet or exceed this standard. In your answer, include your knowledge and application of the training principles by breaking down the FITT principle and the SPORT training principles and sharing your fitness planning. Because you are proving to the reader you meet or exceed this standard, it is critical to use many examples, both general and specific.