

**POWER STANDARD 3: I Participate Regularly****SELF-REFLECTION**

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

\_\_\_\_\_ Student applies the FITT principle weekly. Student seeks activity and regularly participates in sport, games, and fitness.

Please explain how you meet or exceed this standard. In your answer, include how you demonstrate your level of participation in class and outside of class as it pertains to the application of the FITT principle and daily activity recommendations. Because you are proving to the reader that you meet or exceed this standard, it is critical to use many examples, both general and specific. What does participation in fitness, sport, and games look like for you each day, week, and month?