

**POWER STANDARD 4: I Am Fit****SELF-REFLECTION**

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

\_\_\_\_\_ Student acquires the knowledge of skills necessary to maintain a health-enhancing level of physical fitness.

Please explain how you meet or exceed this standard. In your answer, include how you demonstrate your level of past, present, and future fitness and health. Because you are proving to the reader that you meet or exceed this standard, it is critical that you use many examples, both general and specific. How do you demonstrate that you are a fit person? What do your fitness scores show? Compare your scores with the healthy fitness zone.