

### Tracking your Progress

You have already made specific goals for your personal fitness. It is time to perform another assessment to track your progress throughout the semester. Use the same assessments used during the first few weeks of the semester and record your progress.

#### Trial 2

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

How does Trial 2 differ from the first trial? Be specific. Discuss the results, how you felt physically after the trials, etc.

How can you use the data from Trial 2 to help you reach your goals? Be specific.