Cardio jam reflection assignment

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

Do you feel like this class has benefited your overall fitness?

What improvements have you seen in your overall fitness since beginning Cardio Jam? Be specific.

What area(s) would you like to continue to improve in your fitness goals?

What forms of exercise would you like to do in class that we have not yet done?

List three goals you have that you would like to accomplish in the next quarter.

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