

Group Members: _____

	BEGINNING	INTERMEDIATE	ADVANCED
Cardiorespiratory Endurance (1 minute)			
Muscular Endurance (1 minute)			
Muscular Strength (30 seconds)			
Cardiorespiratory Endurance (1 minute)			
Favorite Fitness Activity Component: _____ (1 minute)			
Flexibility (30 seconds)			