

What was your body fat percentage, push-up test, sit-up test, sit and reach test at the beginning of the semester, mid-semester, and now? How do you feel about how you did on the various tests? Did you improve or did you do worse than you expected? Did you attain your short-term goals? How will you attain your long-term goals?

What are some things that have changed the way you viewed fitness and health from the first day of this course until now? How may this course be applicable to your future endeavors in staying fit and healthy?

What are some ways you can apply what we learned in class in your everyday living? How do you feel about the class at the beginning of the semester and how you feel about the class now?

What are some things you enjoyed about the class? What are some things you dislike (if any) about the class? Comments and overall evaluation regarding this class.

Thanks for a great semester! Enjoy your winter break!