**COMPONENTS OF FITNESS EXIT CARD**

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

Today you learned about the three components of fitness! In the space below, please write down the three components and one activity example beside each and hand it in before you leave.

|  |  |
| --- | --- |
| **Component of Fitness** |  **Activity Example**  |
| **1.** |  |
| **2.** |  |
| **3.** |  |

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|  |  |
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