**Fitness Circuit Exit Slip Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

How did you feel during the Fitness activities? Did you think it was easy/hard? Do you think you challenged yourself?

Circle the station you thought was most fun, underline the station you thought was most challenging.

Sit ups Jump Rope Hurdles Push-ups/Shoulder Taps

Agility Hoops Cargo Net

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