1. My Personal Fitness Goals
	1. Cardiovascular Endurance Goal:
	2. Muscular Endurance Goal:
	3. Muscular Strength Goal:
	4. Flexibility Goal:
2. Two activities that I can do at home to reach my goals in each category:
	1. Cardiovascular Endurance:
	2. Muscular Endurance:
	3. Muscular Strength:
	4. Flexibility:
3. Three ways in which I can make my space safe to reduce my risk of injury
	1. .
	2. .
	3. .