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. .