



## Personal Challenges

Skill	Description
Heart Rate	How many times the heart pumps blood around the body over a set amount of time – usually 1 minute
Recovery	The ability for the heart rate to return to its resting rate.
Flexibility	How much a muscle or joints can move through its range of motion. Gymnasts and dancers require a lot of flexibility
Diet	The kind of food and drink you intake.
Cardiovascular Fitness	Being able to sustain physical activity and the ability to deliver oxygen to the working muscles. Running, boxing and his intense sports need this.

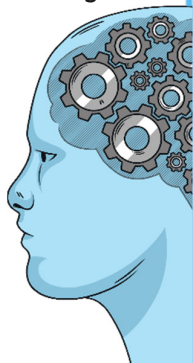
Personal challenges are a great way to motivate yourself and provides a bit of competitiveness. The great thing about this is it is all about **YOU!**

**BE THE BEST YOU  
CAN BE!**



## Lifestyle

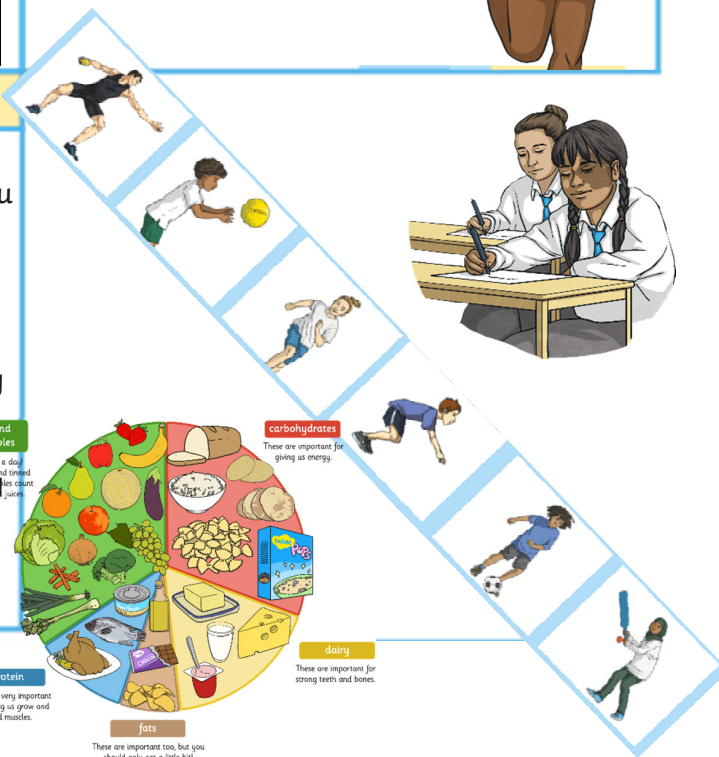
Having a growth mindset is associated with your abilities and outcomes being influenced by hard work. It is important to believe you can achieve through dedication/



A healthy lifestyle is essential for physical, mental health and wellbeing. You should be physically active for at least 60 minutes a day 30 minutes at least in school and 30 at home.

Your diet also plays a huge role. A healthy diet involved eating for the 5 food groups:

Carbohydrates, Protein, Fruit & Veg, Dairy  
(if applicable) and Fats.



## Growth Mindset Activity

Find and colour in all of the positive statements.

I can't do this.

I give up.

I will never  
give up.

I believe  
in myself.

I will always  
try my best.

I'm no good  
at this.

This is  
too hard.

I can learn  
anything.

I make mistakes  
and that's okay.



## My Fitness Log



Tick or write the activity that you participated in and note the total duration.

Day	Activity 1	Duration	Activity 2	Duration	Total Duration
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					