

Name:

Date:

Period:

Exercise Quiz!

Instructions:

Once the presentation is complete, fill out the questions below to prove that you understand the topic of "Exercise". Three or more people will be chosen to share so make sure to be ready.

You will have 5 minutes to fill out the 3 questions below. You will also have 5 minutes to fill out the survey that was passed out separately.

Question 1: Why should we exercise?

Question 2: How long should we exercise per day?

Question 3: What should you eat or drink while exercising?
