

Name _____ Per _____ Roll _____

BEAR FIT CHALLENGE NOTE TAKING SHEET

This note taking homework assignment is intended to get you familiar with the Bear Fit Challenge so that you are prepared when we do our first Challenge in class. In order to complete this assignment, you will need to go to the following link: <http://bit.ly/BFChallenge>. Please follow all directions. This assignment requires that you watch 7 short videos. Please watch them all the way through and practice the exercises as well. GOOD LUCK!!!

In your own words, using 3-4 sentences, explain what the BFC is and why we do it.

Using 1-2 sentences, briefly explain the format that will be used for the BFC.

List the BFC Exercises in the order that you will perform them.

To complete this section, you will need to watch the BFC videos for each exercise by clicking on the names of each exercise. List and take notes on each exercise in any format that works for you. Each video identifies key aspects of each exercise. Include modifications as well. (Use the back for additional space if needed).