

# Chapter 7

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

## Lesson 7.4 Graphic Organizer

# Make the Most of Your Fitness

The table below contains the main headings of Lesson 7.4. As you read this lesson, take notes and organize them by heading. Draw a star beside any words or concepts you do not yet understand.

### Checking Your Health-Related Fitness Level

### Setting Your Goals

### Maximizing Your Workouts