



## Fitting in Fitness Sport Handout

### **BASKETBALL**



My friends and family are aware of and help me preserve the time of day that I set aside for physical activity!

That time is \_\_\_\_\_.

I know exactly where a basketball is and can get to it quickly.

That place is \_\_\_\_\_.

I have a list of ballhandling drills that I can do on my own.

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I have a list of friends and their phone numbers so that I can get a game together quickly.

_____	_____
_____	_____

I know where there is a basketball hoop or courts that I can bike, drive, walk, skate, or be driven to.

My method of transportation is \_\_\_\_\_.

I have a water bottle for warm weather and hat and gloves for cold weather.

These items are located \_\_\_\_\_.

I have the appropriate clothes and footwear to participate in basketball.

These items are located \_\_\_\_\_.



## Fitting in Fitness Sport Handout

### JOGGING



My friends and family are aware of and help me preserve the time of day that I set aside for physical activity!

That time is \_\_\_\_\_.

I know exactly where my running shoes are and can get to them quickly.

That place is \_\_\_\_\_.

I know exactly where my running clothes are and can get to them quickly.

That place is \_\_\_\_\_.

I have mapped out some specific courses of different distances to run:

My 1-mile (1.5 km) course is \_\_\_\_\_

\_\_\_\_\_.

My 2-mile (3 km) course is \_\_\_\_\_

\_\_\_\_\_.

I have a running partner and his or her phone number.

Name \_\_\_\_\_ Number \_\_\_\_\_

I have a water bottle for warm weather and hat and gloves for cold weather.

These items are located \_\_\_\_\_.



## Fitting in Fitness Sport Handout

### TENNIS



My friends and family are aware of and help me preserve the time of day that I set aside for physical activity!

That time is \_\_\_\_\_.

I know exactly where a tennis racket and ball are and can get to them quickly.

That place is \_\_\_\_\_.

I have a list of friends and their phone numbers so that I can get a game together quickly.

_____	_____
_____	_____
_____	_____
_____	_____

I know where there are tennis courts or a wall that I can bike, drive, walk, skate, or be driven to.

My method of transportation is \_\_\_\_\_.

I have a water bottle for warm weather and hat and gloves for cold weather.

These items are located \_\_\_\_\_.

I have the appropriate clothes and footwear to participate in tennis.

These items are located \_\_\_\_\_.



## Fitting in Fitness Sport Handout

### AEROBICS



My friends and family are aware of and help me preserve the time of day that I set aside for physical activity!

That time is \_\_\_\_\_.

I know the number to call to find aerobics classes in my community.

The parks and recreation number is \_\_\_\_\_.

The days and times and places where they have classes for youth are \_\_\_\_\_.

Clubs that have classes for my age group are \_\_\_\_\_.

The days and times and places where they have classes for youth are \_\_\_\_\_.

I have a list of aerobics tapes that I can do on my own.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I have a list of friends with whom I can go to classes and phone numbers for each of them.

\_\_\_\_\_  
\_\_\_\_\_

I know where there are classes that I can bike, drive, walk, skate, or be driven to.

My method of transportation is \_\_\_\_\_.

I have a water bottle to take with me.

My water bottle is located \_\_\_\_\_.

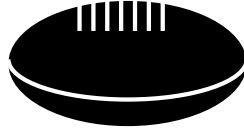
I have the appropriate clothes and footwear to participate in an aerobics class.

These items are located \_\_\_\_\_.



## Fitting in Fitness Sport Handout

### FOOTBALL



My friends and family are aware of and help me preserve the time of day that I set aside for physical activity!

That time is \_\_\_\_\_.

I know exactly where a football is and can get to it quickly.

That place is \_\_\_\_\_.

I have a list of friends and their phone numbers so that I can get a game together quickly.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I know where there is space to play that I can bike, drive, walk, skate, or be driven to.

My method of transportation is \_\_\_\_\_.

I have a water bottle for warm weather and hat and gloves for cold weather.

These items are located \_\_\_\_\_.

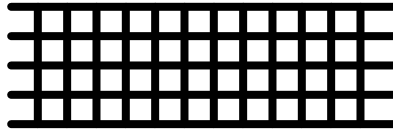
I have the appropriate clothes and footwear to participate in football.

These items are located \_\_\_\_\_.



## Fitting in Fitness Sport Handout

### VOLLEYBALL



My friends and family are aware of and help me preserve the time of day that I set aside for physical activity!

That time is \_\_\_\_\_.

I know exactly where a volleyball is and can get to it quickly.

That place is \_\_\_\_\_.

I have a list of drills that I can do on my own.

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I have a list of friends and their phone numbers so that I can get a game together quickly.

_____	_____
_____	_____
_____	_____
_____	_____

I know where there are volleyball courts that I can bike, drive, walk, skate, or be driven to.

My method of transportation is \_\_\_\_\_.

I have a water bottle for warm weather and hat and gloves for cold weather.

These items are located \_\_\_\_\_.

I have the appropriate clothes and footwear to participate in volleyball.

These items are located \_\_\_\_\_.



## Fitting in Fitness Sport Handout

### SKATING



My friends and family are aware of and help me preserve the time of day that I set aside for physical activity!

That time is \_\_\_\_\_.

I know the number to call to find out what times the local rink is open to the public.

The number is \_\_\_\_\_.

The cost to skate is \_\_\_\_\_.

The cost to rent skates is \_\_\_\_\_.

I know how to check whether a local lake, pond, or river is safe to skate on.

The number is \_\_\_\_\_.

I know exactly where skates are and can get to them quickly.

That place is \_\_\_\_\_.

I have a list of friends with whom I can skate and phone numbers for each of them.

\_\_\_\_\_  
\_\_\_\_\_

I know where there is a rink or outdoor area to skate that I can bike, drive, walk, skate, or be driven to.

My method of transportation is \_\_\_\_\_.

I have the appropriate clothes to participate in skating.

These items are located \_\_\_\_\_.



## Fitting in Fitness Sport Handout

### HOCKEY



My friends and family are aware of and help me preserve the time of day that I set aside for physical activity!  
That time is \_\_\_\_\_.

I know exactly where my protective gear, hockey stick, and ball or puck are and can get to them quickly.  
They are located \_\_\_\_\_  
\_\_\_\_\_.

I have a list of hockey drills that I can do on my own.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I have a list of friends and their phone numbers so that I can get a game together quickly.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I know where there is a rink or safe area that I can bike, drive, walk, skate, or be driven to.  
My method of transportation is \_\_\_\_\_.

I have a water bottle for warm weather and hat and gloves for cold weather.  
These items are located \_\_\_\_\_.

I have the appropriate clothes and footwear to participate in hockey.  
These items are located \_\_\_\_\_.