

Chapter 7

Name _____ Date _____ Period _____

Lesson 7.1 Graphic Organizer

Have Fun Getting Fit

In the table below, list five physical activities you enjoy doing and include a list of health benefits for each activity. If multiple physical activities have the same benefits in common, highlight each repeated benefit in a different color.

Physical Activities I Enjoy	Health Benefits of These Activities
1.	
2.	
3.	
4.	
5.	