***Evaluation of physical condition and healthy habits***

**Results of the Cooper Test**

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| Date: | Time: | Distance: |
| 7th of January 2018 | 12 minutes | 1950 meters |

**Results of the International Physical Fitness Test**

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| --- | --- | --- |
| Date: | The kind of the tested skills: | Score: |
| 8th of February 2018 | Long jump - power test (strength of legs) | 1,5 m |
| 8th of February 2018 | Slopes forward with lying back during 30 seconds – test of belly muscles | I did 18slopes |
| 8th of February 2018 | The test of hanging endurance – test of arms and shoulders strength | 14 seconds |
| 8th of February 2018 | Slow of trunk forward – test of suppleness | - |
| 9th of February 2018 | Run through 50 meters – test of speed | 7,56 seconds |
| 9th of February 2018 | Run through 800 meters – test of stamina | 2,32 minutes |

**Short summarize**

The whole year(2017) I was trying to improve my lifestyle for more healthy. I gave up from eating loads of sweets, replacing them by fruits and vegetables. Nowadays not only do I pay more attention to sleep enough, but also to work-out and take part in PE lessons. My results of physical tests reflect my progress and I’m really proud from myself to achieve my goal. For year 2018 I have quite a lot of plans linked with sport and healthy habits, my main aim is to start running every day. I also dream about attending in a small marathon, which is arranged in my vicinity. I wish I could fulfill all of my plans.

Aleksandra Fryncel,

First Comprehensive High School named Kazimierz Jagiellonczyk in Sieradz(Poland)