




# Pop Quiz

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Student Name		Class		Date	
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1	Which of the following is an advantage of exercise?	
	A	Helps you gain weight
	B	Makes you tired
	C	Increases energy levels

2	What does SMART mean?	
	A	Sporty, Muscular, Athletic, Robust, Tough
	B	Specific, Measurable, Achievable, Realistic, Time
	C	Sporty, Measurable, Achievable, Reversible, Time

3	A <b>social</b> benefit to exercise is <b>getting stronger</b> ?	
		
	A	YES
	B	NO

4	. A social benefit to exercise is improved communication?	
	A	Yes
	B	No

5	. A realistic goal is something that is possible?	
	A	Yes
	B	No

Total Marks	
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## Pop Quiz

## Answer Key

Q1	C
Q2	B
Q3	B
Q4	A
Q5	A