Instructions: Completely answer the following questions and submit this page with lesson 1. No credit will be awarded if any question is left blank or if submitted with another lesson. Properly completed, this bonus assignment will improve your lesson 8 grade (which is worth 48 percent of your total course grade) one level. For example, a B grade would become a B+. This will not be returned to you, so you may want to make a copy for your personal records.

1. Survey the area in which you live.
   a. List the names of any sporting goods stores near where you live.
   b. How many running tracks are in your area?
   c. Name any jogging groups or running clubs that exist in your area.

2. Describe your personal jogging program.

3. Answer yes or no for the following questions based on what you know at this point in the course.
   a. Do you know what your resting heart rate is?
   b. Do you know how to find your resting heart rate?
   c. Do you know how to figure your maximum heart rate?
   d. Do you know how to figure your exercise heart rate?
   e. Do you run track or cross-country?