

COMPARE THE FITNESS

UNFIT	FIT AND HEALTHY	ELITE FITNESS
Weight & musculature: _____	Weight & musculature: _____	Weight & musculature: _____
Cardiovascular: _____	Cardiovascular: _____	Cardiovascular: _____
Diet: _____	Diet: _____	Diet: _____
Mental Toughness: _____	Mental Toughness: _____	Mental Toughness: _____
Habits: _____	Habits: _____	Habits: _____
Draw a picture of this person in this space		

