

Name: ALBANIEL, JAYPEE B.

Grade & Section: 12 – GAS 5

What I Know

Pretest

1. D
2. A
3. B
4. C
5. D
6. C
7. D
8. B
9. D
10. B

What's In Task 1

1. TRUE
2. TRUE
3. TRUE
4. FALSE Human foods and products are not good for wildlife. Therefore, it is not advisable to feed it to.
5. FALSE It is not okay to rearrange stones found in rivers and lakes.

WHAT I CAN DO

TASK 2

FITT PRINCIPLES

LOCATION	OUTDOOR ACTIVITY	FREQUENCY	INTENSITY	TYPE	TIME
1. MARCOS STADIUM	BASKETBALL	MONDAY TO WEDNESDAY	MODERATE	Dribbling and shooting - speed and coordination exercise	30 Minutes
2. PAWILI PILL, CAM SUR	RUNNING	THURSDAY TO FRIDAY	MODERATE	Running - stamina and endurance exercise	30 Minutes
3. MARCOS STADIUM	BIKING	SATURDAY	MODERATE	Biking - cardiovascular exercise	40 Minutes

Fitt Principle Pretest

Mike Jess

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

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Table of Contents Fitt Principle Pretest

1. Understanding the eBook Fitt Principle Pretest
 - The Rise of Digital Reading Fitt Principle Pretest
 - Advantages of eBooks Over Traditional Books
2. Identifying Fitt Principle Pretest
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fitt Principle Pretest
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fitt Principle Pretest
 - Personalized Recommendations
 - Fitt Principle Pretest User Reviews and Ratings
 - Fitt Principle Pretest and Bestseller Lists
5. Accessing Fitt Principle Pretest Free and Paid eBooks
 - Fitt Principle Pretest Public Domain eBooks
 - Fitt Principle Pretest eBook Subscription Services
 - Fitt Principle Pretest Budget-Friendly Options
6. Navigating Fitt Principle Pretest eBook Formats

- ePub, PDF, MOBI, and More
- Fitt Principle Pretest Compatibility with Devices
- Fitt Principle Pretest Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fitt Principle Pretest
 - Highlighting and Note-Taking Fitt Principle Pretest
 - Interactive Elements Fitt Principle Pretest
- 8. Staying Engaged with Fitt Principle Pretest
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fitt Principle Pretest
- 9. Balancing eBooks and Physical Books Fitt Principle Pretest
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fitt Principle Pretest
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Fitt Principle Pretest
 - Setting Reading Goals Fitt Principle Pretest
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fitt Principle Pretest
 - Fact-Checking eBook Content of Fitt Principle Pretest
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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