

Name _____

Mike Gets in Serious Shape

Short Answer Questions

1. How did Mike's attitude towards exercise and fitness change over time?
2. Describe the obstacle course challenge introduced by Coach Rocky. What was the reaction of Mike and his friends?
3. What transformation did Mike undergo as a result of his participation in "Extreme Bootcamp"?
4. Why do you think Mike continued to encourage others to start their fitness journeys after his own transformation?
5. What lesson can be learned from Mike's fitness journey?

