**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period \_\_\_\_\_\_\_\_\_**

**PE TECHNOLOGY ASSIGNMENT**

1. Research/explore 3 **Fitness based** websites, smart phone applications, or pieces of equipment that incorporate technology into a Healthy Lifestyle.
2. Write a brief summary on each one and explain how it works/what it is used for/how it could benefit your opportunity for fitness and/or a healthy lifestyle.
3. Be prepared to share your research with the class.