<table>
<thead>
<tr>
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<th>Comprehensive knowledge or skill in a subject or activity.</th>
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| 1 | a. Improvement  
    b. Mastery  
    c. Skill Acquisition  
    d. Capable |
|   | A plan of action or policy designed to achieve a major or overall aim. |
| 2 | a. Formation  
    b. Offense  
    c. Playbook  
    d. Strategy |
|   | The capacity of something to last or to withstand. |
| 3 | a. Distance  
    b. Endurance  
    c. Lethargy  
    d. Fatigue |
|   | A circumstance or obstacle that prevents progress. |
| 4 | a. Grit  
    b. Pathway  
    c. Trial  
    d. Barrier |
|   | A device that allows a person to measure heart rate in real time and/or record it for later study. |
| 5 | a. Heart Rate Monitor  
    b. Pedometer  
    c. Accelerometer  
    d. Pulse Tracker |
|   | To publicly recommend or support. |
| 6 | a. Dispute  
    b. Debate  
    c. Public Speaking  
    d. Advocate |
|   | As it relates to food, containing an abundant amount of minerals and vitamins. |
| 7 | a. High-Calorie  
    b. Nutrient-Dense  
    c. Nutrient-Poor  
    d. Caloric Intake |
|   | A way of measuring physical activity intensity level. |
| 8 | a. Rate of Perceived Exertion  
    b. Fatigue  
    c. Kilometers  
    d. Caloric Burn |