

she measures up to these ten points:

1. Do you know your own strength and weaknesses, your own potentialities?
2. Are your body mechanics good in so far as it lies within your power of accomplishment?
3. Do you know the food needs rest needs, and the activity needs of your body?
4. Have you certain neuromuscular skills for use for pleasure, for relaxation, for safety?
5. Do you know how to live so as to function at your optimum as well as at your maximum?
6. Have you at your command the necessary facts regarding your body and its functioning and can you supply these facts?
7. Have you valuable knowledge regarding sports and games and physical activities: knowledge of values as well as knowledge of rules and techniques?
8. Have you formed certain mental, physical, and emotional habits which will enrich your living?
9. Have you acquired the proper constructive attitudes toward play, health, recreation, relaxation, sportsmanship, and human relationships?
10. Have you acquired certain appreciations of those; also of music, art, and of social relationships which will make for finer living.