• BLM S2–1: Golf Scorecards and Answer Key
• BLM S2–2: Five-Pin Bowling Scoresheet and Answer Key
• BLM S2–3: Fitness As a Way of Life
• BLM S2–4: Health Benefits of Physical Activity: Match-Up and Answer Key
• BLM S2–5a: “Strengthalon”
• BLM S2–5b: “Strengthalon” Heart-Rate Graph
• BLM S2–6: Safety Inspection Report
• BLM S2–7: What Do I Think about Myself?
• BLM S2–8: GOAL-Setting Process
• BLM S2–9: Factors That Affect Physical Activity Choice
• BLM S2–10: Fuel for Performance Questions and Answer Key
• BLM S2–11: HIV/AIDS Quiz and Answer Key
• BLM S2–12: My Active Living Inventory
• BLM S2–13: One-Day Meal Plan
• BLM S2–14: 48-Hour Menu