

## Lesson 6 Quiz

Keep track of your answers by clicking the bubbles next to your choice. At the end of the quiz, you will find an answer key so you can see how you did. Good luck!

1. Why is it important to keep a journal to track your exercise sessions?  
Please select all that apply.
  - a) To showcase your progress to others**
  - b) To remember the types of exercises you enjoy the most**
  - c) To identify patterns and make informed decisions about your exercise program**
  - d) To compare your progress with others in your support group**
  - e) All of the above**
2. How can physical therapists or other health care providers assist in assessing your exercise progress?
  - a) By providing financial support for your exercise program**
  - b) By prescribing medications to improve your performance**
  - c) By offering guidance on modifying exercises, proper techniques and increasing intensity**
  - d) By participating in your exercise routine alongside you**
3. What does it mean to be flexible and adaptable in your exercise routine?
  - a) Being able to perform advanced exercises without any modifications**
  - b) Changing your exercise routine every day to prevent boredom**
  - c) Adjusting your routine based on disease activity, overall health, and joint condition**
  - d) Avoiding exercise modifications altogether to push your limits**
4. Why is self-care important when managing your exercise program?
  - a) It allows you to take frequent breaks during exercise**
  - b) It helps you avoid any discomfort or fatigue during workouts**
  - c) It supports your overall well-being and improves the effectiveness of exercise**
  - d) It eliminates the need for hydration and proper nutrition during exercise**

## Answer Key

You can check your answers here.  
Each question is worth one point.

**Record your score by filling  
out the box on the bottom right.**

1. e) All of the above
2. c) By offering guidance...
3. c) Adjusting your routine...
4. c) It supports your...

Score  
/4