



Compulsory Activity Participation Form “CMRU Annual Sports Day”

(Student ID start with 57, 58, 59, 60, 61, 62, 63)

Student ID: Name:
Program: Faculty/College:
Telephone No:

1. Choose 1 of your favorite exercise then take a photo to this form.



2. Please answer 3 questions.

2.1 What is/are good benefit(s) of exercise?

.....
.....
.....

2.2 How often do you exercise?

() Everyday () Time(s) a week on.....
() Not often () No Exercise

2.3 “You can get unity, love and good health from Sports Competition” What do you think about this quote? True or False? And How?

.....
.....
.....

Signature:

(.....)

Date