

This is the fitness section of my dance o meter in this I have included a drop down, which is 'how fit do you rate yourself' this give 3 options.

The spreadsheet is titled "Danceometre" and includes the following sections:

- Personal:** Fields for Name, Age, and Gender.
- Fitness:** A dropdown menu for "How fit do you rate yourself?" with options: "Not fit at all", "Average", and "Fit".
- Dance:** Fields for "What is your favourite dance style?" and "What is your favourite music genre?".
- Charity:** A dropdown menu for "Which charity do you want to support?" with options: "Red Cross", "Oxfam", and "Comic Relief".
- Extra Questions:** A section with questions like "Can you stand on your head?" and "Can you do a handstand?".
- Music Key:** A key for abbreviations used in the dance section: "D" for Dance, "M" for Music, "C" for Charity, and "F" for Fitness.

I have put a personal section at the top of my dance o meter this is because this is the first bit of information I want to find out of my test buddy. I have included their name and age etc.

This is the dance section of my dance o meter I've put this second because this is next bit of information I need.

This is the charity section of my dance o meter, this is so I can find out which charity they won't to support.

This section of my dance o meter is extra questions which add a fun element to my dance o meter, by adding questions such as 'can you stand on your head'.

This key is to help people find and understand what the abbreviations mean throughout the dance o meter.

These questions which I have put at the bottom of the page, these are additional questions at the bottom of my page which give dance o meter advice.

This is the bit of the dance o meter, which collects all your results, and gives overall advice.