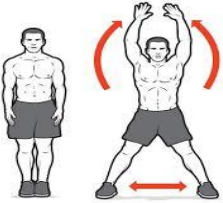
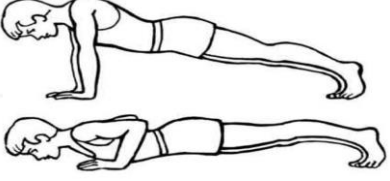


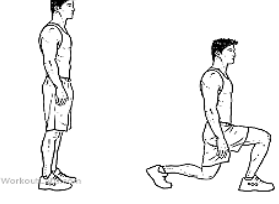





For the next three weeks you are going to improve your fitness level. Every Wednesday at a time of your choosing, you are going to record your findings in the table below. If you do not have the facilities to print the page then you must please draw the table neatly on a piece of paper. Ask someone in your household, that is available, to assist you in keeping time and counting the number of times that you perform the activity in 60 seconds.

Name: _____		How many repetitions can you do in 60 seconds?		
		Week 1	Week 2	Week 3
Activities				
	Jumping Jacks			
	Push-ups			
	Skipping-rope			
	Sit-ups			
	Lunges			
	High-knees			

