

Name _____

Grade _____

*FRIDAY'S**1 MINUTE CHALLENGE LOG*

Date	# of Push-ups	# of Sit-ups	# of Squats	# of Leg Rises	# of Burpees
<i>Friday 10 - 2</i>					
<i>Friday 10 - 9</i>					
<i>Friday 10 - 16</i>					
<i>Friday 10 - 23</i>					
<i>Friday 10 - 30</i>					

*TUESDAY'S**HOW LONG DAYS*

Activity	Time
Plank	
Wall Sit	
Right Side Plank	
Left Side Plank	