

Name _____

Grade _____

Wednesday's

1 Minute Challenge Log

Date	# of Burpees	# of Mountain Climbers	# of Jumping Jacks
Wednesday 12 - 2			
Wednesday 12-9			
Wednesday 12 -16			
Wednesday 12 - 23			
Wednesday 12 - 30			

Monday's Laps

- Create a lap around the inside or outside of your house. Time yourself running lap and record your time.

Date	Lap #1 Time	Lap #2 Time	Lap #3 Time	Lap #4 Time
Monday 12 - 7		X	X	X
Monday 12-14			X	X
Monday 12 -21				X
Monday 12 - 28				