Name: Date:

**1 Minute Challenge**



|  |  |  |
| --- | --- | --- |
| **Activity** | **Estimate** | **Result** |
| Squats |  |  |
| Sit ups |  |  |
| Frog jumps |  |  |
| Plank push ups |  |  |
| Arm circles |  |  |
| Push ups |  |  |
| Lunges |  |  |

 My discovery: