

Name: **Health and Fitness**

Start Date: **Activity Log**

Fitness Test 1: As many reps as possible in 1 minute OR hold for 1 minute

Press-Ups	Sit-Ups	Burpees	Plank	Step -Ups

Fitness Test 2: As many reps as possible in 1 minute OR hold for 1 minute

Press-Ups	Sit-Ups	Burpees	Plank	Step -Ups

Fitness Test 3: As many reps as possible in 1 minute. OR hold for 1 minute

Press-Ups	Sit-Ups	Burpees	Plank	Step -Ups

Beep Test: Date:

1st Attempt

2Nd Attempt

Targets:

I want to...	I can...

Name: **Health and Fitness**

Start Date: **Activity Log**

Fitness Test 1: As many reps as possible in 1 minute OR hold for 1 minute

Speed Bounce	Shuttle run	Cone Collect	Balance Bums	Hula Hoop

Fitness Test 2: As many reps as possible in 1 minute OR hold for 1 minute
 (Repeat Fitness Test 1 after 1 week)

Speed Bounce	Shuttle run	Cone Collect	Balance Bums	Hula Hoop

Fitness Test 3: As many reps as possible in 1 minute OR hold for 1 minute
 (Repeat Fitness Test 1 after 1 week)

Speed Bounce	Shuttle run	Cone Collect	Balance Bums	Hula Hoop

Beep Test: Date:

1st Attempt

2Nd Attempt

Targets:

I want to...	I can...

Remember!

These exercises can be done with minimal equipment and space.

All our exercises contribute to your 30 Days of Fitness challenge

Write down your score on your 30 Days of Fitness Sheet and try and beat it next time! Good Luck

And Don't Forget to Wash Your Hands after!