

Fantasy Fitness

Name:				
<u>Record Sheet</u>				
<u>Exercise</u>		<u>Amount Done</u>	<u>Tier</u>	<u>Star Value</u>
1	Sit Ups			
2	Squat			
3	Star Jumps			
4	Jumps			
5	Climbers			
6	Plank			
7	Froggers			
8	Push Ups			
9	Burpees			
10	Leg Levers			
			Total=	

My favourite exercise was:

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I was best at:

.....

I need to improve on:

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