

TRAIN TO WIN: EXERCISE CHALLENGE

NAME:

Find out if your performance improves in line jumping over a week.



Write down how many jumps you did in one minute each day. Mark these results on the graph below.

DAY AND DATE					
NUMBER OF JUMPS					

Number of Jumps

150					
140					
130					
120					
110					
100					
90					
80					
70					
60					
50					
40					
30					
20					
10					
0					

Day 1

Day 2

Day 3

Day 4

Day 5

Day