

10. a. Record your best in the following tests:

10. b Show improvement in the activities listed in requirement 10a after practicing for 30 days.

Start Date

Day	1	2	3	4	5	6	7	8	9	10
Push-up (number)										
Pull-ups (number)										
Sit-ups (number)										
Standing Long Jump (Feet, inches)										
1/4 mile walk/run										
Day	11	12	13	14	15	16	17	18	19	20
Push-up (number)										
Pull-ups (number)										
Sit-ups (number)										
Standing Long Jump (Feet, inches)										
1/4 mile walk/run										
Day	21	22	23	24	25	26	27	28	29	30
Push-up (number)										
Pull-ups (number)										
Sit-ups (number)										
Standing Long Jump (Feet, inches)										
1/4 mile walk/run										