

## **My results!**

Name:

In each block enter the number or repetitions you managed or if you were able to hold the position for all the time, most or just a little bit. Remember, you are only competing with yourself and it's your fitness you are building, so be honest, you will be surprised at the results!

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Station 1 Line jumps						
Station 2 Squats						
Station 3 Jumping Jacks						
Station 4 Beanbag hold						
Station 5 Running on the spot						
Station 6 Ball rolls/ hoop-la-hoop						

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