



Complete the following circuit and write your scores in the baseline box.  
Every Friday re-complete the test and let's see if we can improve our score!

| Activity                      | Baseline | Week 1 | Week 2 | Week 3 | Week 4 |
|-------------------------------|----------|--------|--------|--------|--------|
| 30 Second Squat               |          |        |        |        |        |
| Longest Wall Sit              |          |        |        |        |        |
| 30 Second Press Up            |          |        |        |        |        |
| Longest Plank                 |          |        |        |        |        |
| 30 Second Star Jump Challenge |          |        |        |        |        |
| 60 Second Sit Up Challenge    |          |        |        |        |        |
| Speed Bounce Challenge        |          |        |        |        |        |