

# Mr Guy's Get Active Challenge!

Below are a list of exercises for you to do on each day for the next 3 weeks. Each exercise will last for one minute and you will need to record, in the box, how many of each exercise you can do in that time. There are three boxes for you to record your scores to see if you can beat your score each week. In red I have recorded my score for you to see how I got on, have a go at trying to beat me... Good luck!

Day	Exercise (record how many you can do in one minute)	Your score (Week 1)	Your score (Week 2)	Your score (Week 3)	Mr Guy's score
Monday	Squats				9
Tuesday	Star jumps				15
Wednesday	Sit ups				7
Thursday	Lunges				8
Friday	Bunny hops				10

