



# DETERMINATION

## WEEK 3 PROJECT: DETERMINATION

### DETERMINATION AT HOME WORKSHEET

Student Name: \_\_\_\_\_ Age: \_\_\_\_\_

Exercise Selected: \_\_\_\_\_  
(squat jumps, leg-raises, push-ups, or jumping jacks)

Complete the goal sheet below within one week and turn it in for a special reward.

Day	Number of Reps	Parent Signature

Total Number of Reps Accomplished: \_\_\_\_\_

#### FOR INSTRUCTOR TO FILL OUT

Date Sheet Received: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_

