

Name \_\_\_\_\_ Per \_\_\_\_\_ RC \_\_\_\_\_

## 8<sup>TH</sup> GRADE Bear Fitness Challenge TEMPLATE

Grade \_\_\_\_\_ Challenge # \_\_\_\_\_ Challenge Date: \_\_\_\_\_ Total Pedometer Steps \_\_\_\_\_

	1	2	3	4	5	6	7	8
	Exercise	Total 3 Round Rep Goal	Round 1	Round 2	Round 3	TOTAL REPS (All 3 Rounds)	Personal Best Reps	Rep Diff.
1	Push-Ups							
2	Jump Rope							
3	Squats							
4	Burpees							
	Supermans/ Backbends	DO NOT RECORD REPS HERE						
6	Shuttle Run							
7	"Hand Slap" Curl Ups							
8	Mtn. Climbers							

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