Name: \_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physical Activity Recording Sheet

1. How many push-ups were completed in one minute? \_\_\_\_\_\_\_\_\_\_\_\_
2. Using above information, how many push-ups could be completed in 5 minutes? \_\_\_\_\_\_\_\_\_
3. How many in 10 minutes? \_\_\_\_\_\_\_\_\_\_\_
4. How many in an hour? \_\_\_\_\_\_\_\_\_\_\_
5. How many in a day? \_\_\_\_\_\_\_\_\_\_
6. In a week? \_\_\_\_\_\_\_\_\_
7. Organize this information in a meaningful way to present to the class.