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

**30 Second Indoor Challenge**

How many of each activity can you do in 30 seconds? Record it on the form.

1# Push-ups A picture containing logo

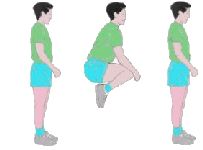
Description automatically generated #\_\_\_\_\_\_\_\_\_\_\_\_\_

2# Jumping JacksA picture containing clipart

Description automatically generated #\_\_\_\_\_\_\_\_\_\_\_\_\_

3# Squats Two people dancing

Description automatically generated with low confidence #\_\_\_\_\_\_\_\_\_\_\_\_\_

4# High Knee Jumps  #\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5# Plank A picture containing clipart

Description automatically generated 30 seconds Yes\_\_\_ No \_\_\_

6# Stationary Running A picture containing toy, doll, clipart

Description automatically generated30 seconds Yes\_\_\_ No \_\_\_

7# Lunges A picture containing clipart

Description automatically generated #\_\_\_\_\_\_\_\_\_\_\_\_\_

8# Air Boxing A picture containing clipart

Description automatically generated 30 seconds Yes\_\_\_ No \_\_\_

9# Burpees A picture containing sport

Description automatically generated #\_\_\_\_\_\_\_\_\_\_\_\_\_

10# Sit-ups A picture containing shape

Description automatically generated #\_\_\_\_\_\_\_\_\_\_\_\_\_