

## 100 Challenge

Are you ready for a fun challenge? Decide on an activity you want to do 100 repetitions or minutes of this week. Make a plan and share it with your class and teacher. Track your progress during the week and then celebrate your hard work at the end! Here we go!

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

Activity: \_\_\_\_\_

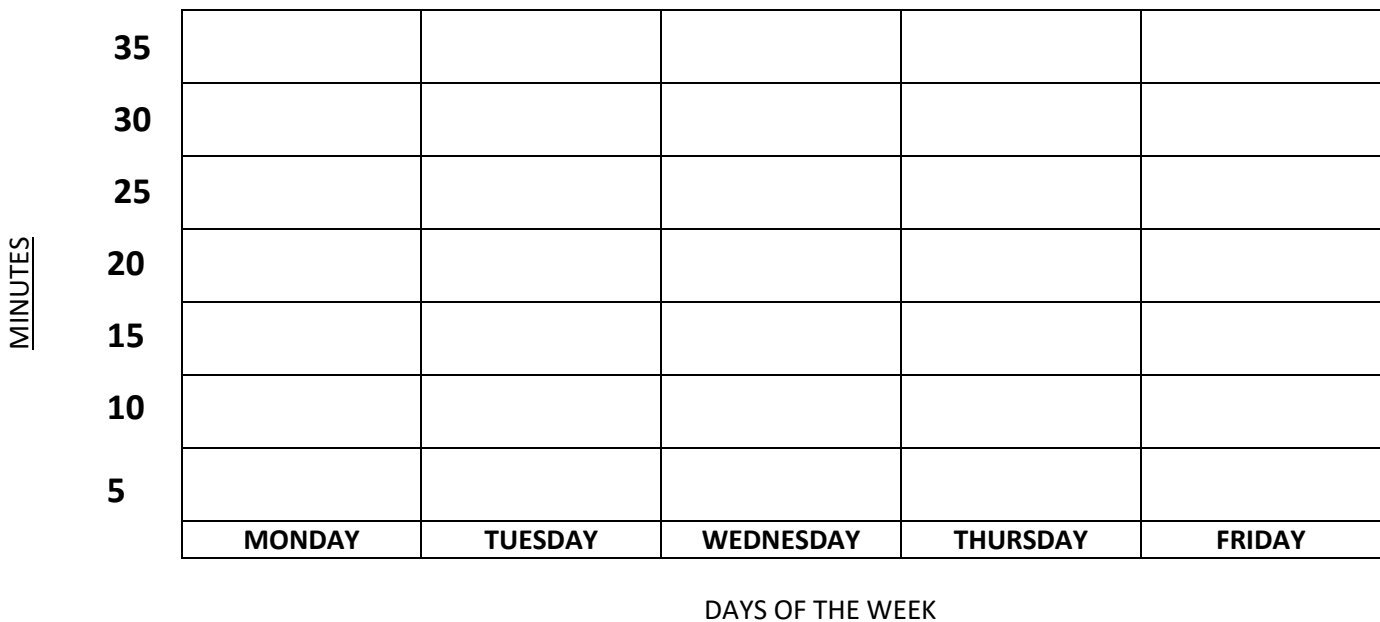
### Daily Plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	GRAND TOTAL

### Actual Progress

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	GRAND TOTAL

### Graph it!



## Reflection

Did you meet your goal? \_\_\_\_\_

What was the easiest part? \_\_\_\_\_

\_\_\_\_\_

What was the most challenging part? \_\_\_\_\_

\_\_\_\_\_

If you did the challenge again, what would you change? \_\_\_\_\_

\_\_\_\_\_

Draw a picture of yourself during the 100 Challenge!

