

P.K. YONGE MIDDLE SCHOOL P.E.

Name \_\_\_\_\_ Roll Call # \_\_\_\_\_ Class Period \_\_\_\_\_

1.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

2.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

3.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

4.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

5.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

6.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

7.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

8.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

9.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

10.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

11.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

12.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

13.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

14.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

15.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

16.) Pulse \_\_\_\_\_ Activity \_\_\_\_\_ Date \_\_\_\_\_

**POWER PLAN!!! DISCIPLINE, DEDICATED, AND HAVE THE DESIRE TO GET FIT!!!**