

P.K. YONGE MIDDLE SCHOOL P.E.

Name _____ Roll Call # _____ Class Period _____

1.) Push ups _____ Activity _____ Date _____

2.) Push ups _____ Activity _____ Date _____

3.) Push ups _____ Activity _____ Date _____

4.) Push ups _____ Activity _____ Date _____

5.) Push ups _____ Activity _____ Date _____

6.) Push ups _____ Activity _____ Date _____

7.) Push ups _____ Activity _____ Date _____

8.) Push ups _____ Activity _____ Date _____

9.) Push ups _____ Activity _____ Date _____

10.) Push ups _____ Activity _____ Date _____

11.) Push ups _____ Activity _____ Date _____

12.) Push ups _____ Activity _____ Date _____

13.) Push ups _____ Activity _____ Date _____

14.) Push ups _____ Activity _____ Date _____

15.) Push ups _____ Activity _____ Date _____

16.) Push ups _____ Activity _____ Date _____

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