



FITNESS PREDICTIONS

Read each sentence. Take a guess (estimate) on how many you can do in 30 seconds. Write that number in the chart below. Then perform the activity and write down your actual score. How close did you get?

ACTIVITY	ESTIMATE	ACTUAL
1. How many jumping jacks can you do in 30 seconds?		
2. How many vegetables can you name in 30 seconds?		
3. How many side to side jumps can you do in 30 seconds?		
4. How many arm circles can you do in 30 seconds?		
5. How many fruits can you name in 30 seconds?		
6. How many one foot hops can you do in 30 seconds?		