



FITNESS PREDICTIONS

Read each sentence. Take a guess (estimate) on how many you can do in 1 minute. 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 1 minute?		
2. How many arm circles can you do in 1 minute?		
3. How many knee slaps can you do in 1 minute?		
4. How many mountain climbers can you do in 1 minute?		
5. How many reverse mountain climbers can you do in 1 minute?		
6. How many wacky jacks can you do in 1 minute?		