



## 30 Day Fitness Challenge

Monday 1st March 2021 - Thursday 1st April 2021

# Personal Challenge Record Sheet

Your year group ..... Gender .....

	Challenge	Date completed	Feedback - did you enjoy the fitness session? How are you feeling?
eg	<i>Hip hop dance</i>	<i>03.03.21</i>	<i>I really enjoyed this session. Music always helps to motivate me. I'm excited to see if I will start to feel stronger and healthier soon.</i>
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