Personal Challenge Card

Name: _____ Class: _____

Activity	1.		2.		3.		4.		5.	
	Date	Score	Date	Score	Date	Score	Date	Score	Date	Score
1. Speed Bounce										
2. Standing Long Jump										
3. Alternate Hand Throw										
4. Zig Zag Agility										
5. Stork Balance										
6. Distance Run										
7.										

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