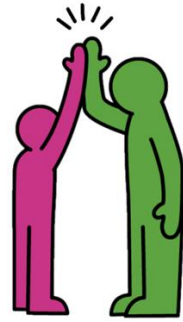




My Personal Best Challenge



The 'Personal Best' challenge is all about taking part in different activities and doing your **absolute best** in the amount of time given.

For example: **Star Jumps - 60 seconds - 25 reps min.**

This activity was created by: _____



What exercise are we doing?

How long are we doing it for?



What's the minimum score to aim for? (be realistic)

