**Endurance, Speed, and Strength Exercises Log Sheet**

**Staff Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Cohort Number:** \_\_\_\_\_\_\_\_\_\_\_  **Date:** \_\_\_\_\_ /\_\_\_\_\_ /\_\_\_\_\_

**Measurements**

***Endurance:*** Number of sit-ups completed in one-minute

***Strength:*** Number of push-ups completed in one-minute

***Speed:*** Seconds to run 100m distance

**\*Remind participants to keep track of the number of sit-ups and push-ups they do.\***

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| **Participant Name (FATHERS)** | **Family Number** | **Endurance****(number)** | **Strength****(number)** | **Speed****(seconds)** |
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**Endurance, Speed, and Strength Exercises Log Sheet**

**Staff Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Cohort Number:** \_\_\_\_\_\_\_\_\_\_\_  **Date:** \_\_\_\_\_ /\_\_\_\_\_ /\_\_\_\_\_

**Measurements**

***Speed:*** Seconds to run 100-meter distance

***Endurance:*** Number of sit-ups completed in one-minute

***Strength:*** Number of push-ups completed in one-minute

**\*Remind participants to keep track of the number of sit-ups and push-ups they do.\***

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| **Participant Name (SONS)** | **Family Number** | **Speed****(seconds)** | **Endurance****(number)** | **Strength****(number)** |
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