**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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