

# PHYSICAL EDUCATION TRAINING REWARDS

STUDENT:

MONTH:

- |    |                                                 |             |
|----|-------------------------------------------------|-------------|
| 01 | Complete 15 minutes of dynamic stretching       | ____ / ____ |
| 02 | <b>Bronze Level: 1 Mile Run (Under 10 mins)</b> | ____ / ____ |
| 03 | 20 Perfect-form pushups & 30 Crunches           | ____ / ____ |
| 04 | 30 Minutes of Sport-Specific Drills             | ____ / ____ |
| 05 | <b>Silver Level: 5km Endurance Run</b>          | ____ / ____ |
| 06 | Consistent Hydration: 8 glasses/day (Full Week) | ____ / ____ |
| 07 | <b>Gold Level: Fitness Circuit Challenge</b>    | ____ / ____ |

## REWARD TRACKER

**Level 1 (3 Goals):** \_\_\_\_\_

**Level 2 (5 Goals):** \_\_\_\_\_

**Mastery (All Goals):** \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date Issued: \_\_\_\_\_