

Counting physical tasks

a) Tally Chart for _____ (your buddy's name)

By _____ (your name)

Activity	Estimate for 30 seconds	Tally	Total
Squat thrusts			
Throw a paper ball into a bin			
Run around 2 chairs			
Bounce and catch a tennis ball			

b) For which activity did your buddy make their best estimate? _____

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