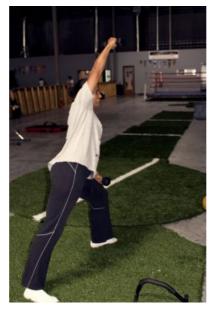
Exercise programme

This task is about finishing a pattern and writing a rule.



Kahu decided to begin an exercise programme to get fit. On the first day they exercised for 14 minutes and they increased this by a set amount each day.

The following table records the time they spent exercising:

Day number (n)	1	2	3	4	5	6
Time spent in minutes (m)	14	16	18			

a) Complete the table above by	filling in the three missing	values Day number 4,5 and 6.
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b)	How	manv	minutes	will the	exercise for	on da	v 12?

c) Complete this 6	equation th	nat relates t	the day	number (<i>n</i>)	with the	e number	of minutes	(m)
they exercise.								

$$m =$$

ď	On (which	dav will	thev exe	ercise for	60	minutes?	
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