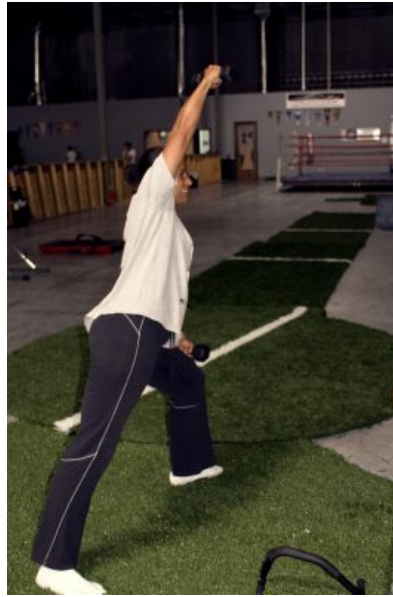


# Exercise programme

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.

b) How many minutes will they exercise for on day 12? \_\_\_\_\_

c) Complete this equation that relates the day number ( $n$ ) with the number of minutes ( $m$ ) they exercise.

$$m = \underline{\hspace{2cm}}$$

d) On which day will they exercise for 60 minutes? \_\_\_\_\_