

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.

$m =$ _____

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