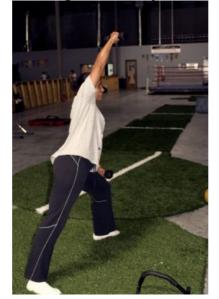# Fitness plan

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

Petra and Sina are working together on their fitness plan. Each day they plan to jog for 5 minutes longer than the previous day.
Here is their plan.

a) Fill in the missing numbers in the table.

Day (*d*)	1	2	3	4	5	...	10	25
Time spent jogging (*t*) (minutes)	4	9	14	☐	☐		☐	☐

b) Complete this rule relating the time spent jogging (*t*) to the number of the day (*d*).

t = ☐

c) On what day would they jog for exactly 84 minutes? ☐

d) Why is it impossible for Petra and Sina to keep to this plan for a whole year?

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