Fitness programme

This task is about algebraic expressions to describe patterns.



Lia began a keep-fit exercise programme. In the first week, she exercised for 20 minutes daily. Every week after that she added an extra 5 minutes of exercise time. In the second week she exercised for 25 minutes daily; for the third week for 30 minutes, and so on.

| a) How many minutes exercise would she be doing in the 6th week? | |
|--|--|
| | minutes per day |
| b) F | low many minutes will she be exercising daily in the 12th week? |
| | minutes per day |
| | |
| c) V | which of these expressions describes how many minutes she would be exercising after x weeks? |
| 0 | 20 <i>x</i> |
| 0 | 15 + <i>x</i> |
| 0 | 15 + 5 <i>x</i> |
| 0 | 20 + 5 <i>x</i> |
| 0 | 25 <i>x</i> |
| d) Explain why this exercise programme would be impossible to do over a long time. | |

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