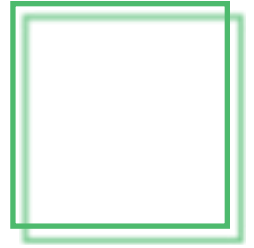


# Week 10 Final Scores



**WARM UP-- (10 minutes)** Complete warm-up prior to beginning exercises.

## TODAY --

- Complete all seven(7)chosen exercises to create your Final score.
- Record all seven(7) times/scores.
- Submit SCORES/TIMES to your Sports & Competition Coordintor.

**COOL DOWN--(10 minutes)**After completing the Final score perform cool downs.

### EXAMPLES OF FOODS THAT CONTAIN WATER AND CAN KEEP YOU HYDRATED

- » Fruits like cantaloupe, grapes, oranges or watermelon
- » Vegetables like carrots, cucumbers, or celery

