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 Coordinator.

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