

# Practice Exercises

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## "Exercise is Good for Your Heart"



### WORK OUT WORKSHEET

Peter and Maria have been exercising all day and Maria is keeping track with her scorecard. Can you help her fill in the missing blanks?



1. Count by ones from 1 to 10:

1	2							9	10
---	---	--	--	--	--	--	--	---	----

2. Count by ones from 11 to \_\_\_\_\_.

11	12		14						
----	----	--	----	--	--	--	--	--	--

3. Count by ones.

1				5	6				10
---	--	--	--	---	---	--	--	--	----

4. Count by ones from 31 to 40.

31				35	36				40
----	--	--	--	----	----	--	--	--	----

5. Count by ones.

56				60					65
----	--	--	--	----	--	--	--	--	----

6. Count by ones.

89			92		94		96		
----	--	--	----	--	----	--	----	--	--

