| **Notes and feedback****Where I have done well:****What I need to work on:** | **BOXING FITNESS** **CIRCUITS RECORDING SHEET****NAME****CLASS****SCHOOL**

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| **Week** | **Exercise 1** | **2** | **3** | **4** | **5** | **6** |
| --- | --- | --- | --- | --- | --- | --- |
| **1** |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |