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

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