🏃 Exercise Lab · Get Ready

Biology A · Unit 5 · Level 1



Name: _____

👥 My job. Circle it.

⏱️ Timer	❤️ Counter	🟡 Color checker	📝 Recorder
I watch the clock.	I count.	I see yellow.	I write it.

🧰 Get the tools. Check ☐.

- ☐ ⏱️ Timer
- ☐ 🥤 Straw
- ☐ 🥽 Goggles
- ☐ 📋 Data table

⚠️ Be safe!

- 🥤 Blow out only!
- 🥽 Goggles on.
- 🏃 Move the way that is OK for me.
- 💧 Tell staff if I feel sick.

✅ Before we start

☐ Goggles on ☐ My straw ☐ My exercise is OK'd by staff