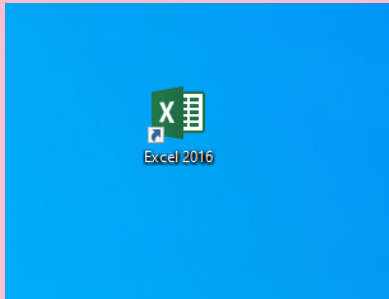


Excel Spreadsheets

Most laptops and computers have Excel on them, if you don't have it, don't worry.

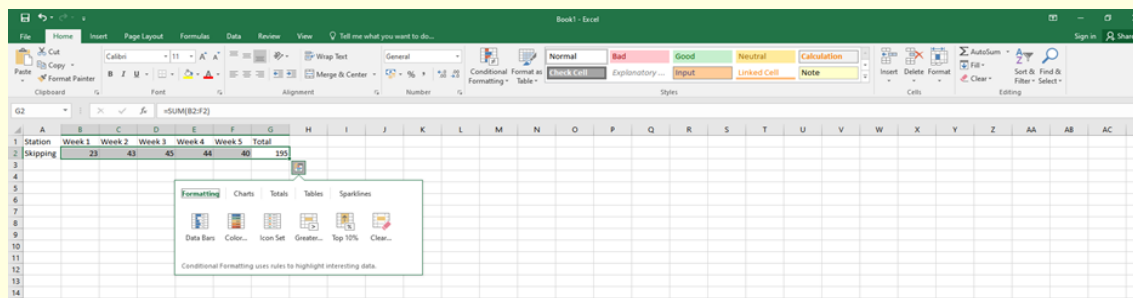


You can make a handwritten version.

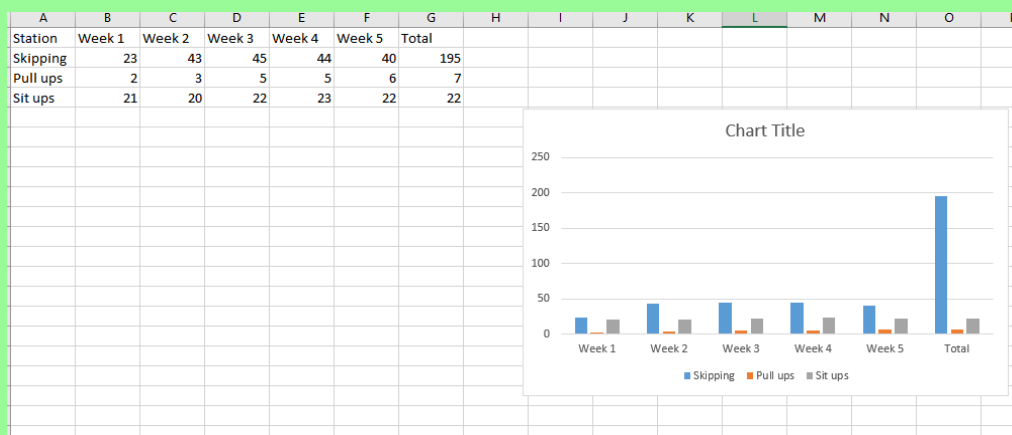
	A	B	C	D	E	F	G
1	Station	Week 1	Week 2	Week 3	Week 4	Week 5	
2	Skipping	23	43	45	44	40	
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							

Use the data from your circuit training results. Write each station down the first column and then your scores.

Create a 'Total' column. You can calculate the total number for each station by clicking on the row in the total column and highlight the rest of the row e.g. highlight all of the skipping scores, then press the 'AutoSum' button in the top right hand corner. Do this for every station.



Finally, have a go at converting your results into a graph (chart). You can do this for one station or for more than one.



Then upload this onto Dojo.

