Name:



Stamina Chart

Teacher Directions: Print and make a class poster or use for individual students to help increase their stamina and focus on their work.

30 minutes

25 minutes

20 minutes

15 minutes

10 minutes

5 minutes

Name:



Stamina Chart

Teacher Directions: Print and make a class poster or use for individual students to help increase their stamina and focus on their work.

45 minutes

40 minutes

35 minutes

30 minutes

25 minutes

20 minutes

15 minutes

10 minutes

5 minutes