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| **Tom** | **Emily**  | **Margot** |
| Upper Extremity video | Rough Draft | Warm up/Cool down video |
| Core and stability PowerPoint | Lower Extremity Video | Other factors related to fitness PowerPoint |
| One page narrative | Overview of program PowerPoint | Putting together 2-3 page narrative |
|  | Spreadsheet about participation |  |

All of the work was split up and each partner played an equal role in putting together this project.