

FITNESS PLANNER

DATE:

TODAY'S GOAL

WATER TRACKER



WEIGHT

STEPS

BREAKFAST

LUNCH

DINNER

HOURS SLEPT:

SLEEP QUALITY:

STRESS LEVEL:

LOW

NORMAL

HIGH

EXERCISE FOCUS

WORKOUT ROUTINE

SETS

REPS

WEIGHT

TIME

☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				

☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			

SUMMARY

Total workout time:

Calories taken:

Calories burned:

NOTES

Pro Fitness Planner

M Woodhall



Pro Fitness Planner:

Thank you for reading **Pro Fitness Planner**. As you may know, people have search numerous times for their favorite novels like this Pro Fitness Planner, but end up in infectious downloads.

Rather than reading a good book with a cup of tea in the afternoon, instead they cope with some harmful virus inside their desktop computer.

Pro Fitness Planner is available in our book collection an online access to it is set as public so you can get it instantly. Our books collection saves in multiple locations, allowing you to get the most less latency time to download any of our books like this one.

Merely said, the Pro Fitness Planner is universally compatible with any devices to read

<https://composer.colourpop.com/data/browse/Documents/roblox%20skins%20checklist.pdf>

Table of Contents Pro Fitness Planner

1. Understanding the eBook Pro Fitness Planner
 - The Rise of Digital Reading Pro Fitness Planner
 - Advantages of eBooks Over Traditional Books
2. Identifying Pro Fitness Planner
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pro Fitness Planner
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pro Fitness Planner
 - Personalized Recommendations
 - Pro Fitness Planner User Reviews and Ratings

- Pro Fitness Planner and Bestseller Lists
- 5. Accessing Pro Fitness Planner Free and Paid eBooks
 - Pro Fitness Planner Public Domain eBooks
 - Pro Fitness Planner eBook Subscription Services
 - Pro Fitness Planner Budget-Friendly Options
- 6. Navigating Pro Fitness Planner eBook Formats
 - ePub, PDF, MOBI, and More
 - Pro Fitness Planner Compatibility with Devices
 - Pro Fitness Planner Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pro Fitness Planner
 - Highlighting and Note-Taking Pro Fitness Planner
 - Interactive Elements Pro Fitness Planner
- 8. Staying Engaged with Pro Fitness Planner
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pro Fitness Planner
- 9. Balancing eBooks and Physical Books Pro Fitness Planner
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pro Fitness Planner
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Pro Fitness Planner
 - Setting Reading Goals Pro Fitness Planner
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Pro Fitness Planner
 - Fact-Checking eBook Content of Pro Fitness Planner
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Pro Fitness Planner Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In today's fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Pro Fitness Planner PDF books and manuals is the internet's largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing

financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Pro Fitness Planner PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Pro Fitness Planner free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About Pro Fitness Planner Books

What is a Pro Fitness Planner PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Pro Fitness Planner PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a Pro Fitness Planner PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Pro Fitness Planner PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Pro Fitness Planner PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with

PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Pro Fitness Planner :

roblox skins checklist

framework roblox update

roblox codes checklist

trending roblox obby

roblox simulator checklist

roblox survival for beginners

roblox limiteds manual

roblox codes top

roblox update guide

ebook roblox horror

pro roblox obby

pro roblox limiteds

latest roblox simulator

roblox obby checklist

2025 edition roblox adventure game

Pro Fitness Planner :

5e english lesson plan teaching resources tpt - Oct 28 2022

web jun 4 2020 check pages 1 25 of pretty salma book in the flip pdf version pretty salma book was published by elisa espinal on 2020 06 04 find more similar flip pdfs like

results for pretty salma a little red riding hood worksheet - Jan 31 2023

web date 17 05 2012 author coefista pretty salma lesson plan pretty salma a little red riding hood story from africa by niki when granny asks pretty salma to go to the

pretty salma lesson plan and foldable book tpt - Aug 06 2023

web mar 16 2016 by niki dalythe story of little red riding hood is reinvented for a new audience in this colorful retelling of the classic fairy tale if you want your own co

lesson plan preeti sharma ppt slideshare - Nov 16 2021

pretty salma lesson plan markconn2 s blog - Nov 28 2022

web feb 7 2015 two weeks worth of weekly planning for the year 1 fairy tales and traditional tales unit on little red riding hood i did it towards the end of the spring term but could

pretty salma lesson plan wiki bm touch co uk - Feb 17 2022

web jan 23 2021 lesson plan preeti sharma jan 23 2021 0 likes 550 views download now download to read offline education lesson plan is a teacher s detailed description

pretty salma lesson plan uniport edu ng - Dec 18 2021

yr 1 narrative 3 planning little red riding hood - Aug 26 2022

web module 6 grenzen verleggen test prentenboek pretty salma by niki daly

pretty salma book pages 1 25 flip pdf download fliphtml5 - Jul 25 2022

web recognizing the pretension ways to acquire this ebook pretty salma lesson plan is additionally useful you have remained in right site to start getting this info acquire the

pretty salma a little red riding hood story from africa - Sep 26 2022

web pretty salma lesson plan 3 3 to believe and the truth more complicated and powerful than we could ever imagine lon po po scholastic inc in this wickedly sexy regency

pretty salma foldable book teaching resources tpt - Dec 30 2022

web pretty salma lesson plan and foldable book by teaching by the potomac brooke howell 4 8 15 3 75 zip travel to ghana and meet the delightful pretty salma in this

pretty salma a little red riding hood story from africa - Mar 01 2023

web travel to ghana and meet the delightful pretty salma in this african version of little red riding hood this set includes everything that you need to dive deep into this charming

pretty salma a little red riding hood story from africa - Jul 05 2023

web jan 1 2006 in this african version of little red riding hood granny sends pretty salma to the market with a warning not to talk to anyone she disobeys and stops to talk to mr

pretty salma lesson plan help environment harvard edu - Apr 21 2022

web pretty salma lesson plan pretty salma lesson plan 1 downloaded from old restorativejustice org on 2022 10 16 by guest pretty salma lesson plan getting the

pretty salma lesson plan pdf full pdf sdp sustainablefish - Mar 21 2022

web may 5 2023 pretty salma lesson plan 2 9 downloaded from uniport edu ng on may 5 2023 by guest princess and the peas rachel himes 2017 04 11 in this adaptation of the

pretty salma a little red riding hood story from africa - Sep 07 2023

web by niki daly the story of little red riding hood is set in contemporary urban ghana cultural read more 5 total resources 1 awards 2 state lists view text complexity

pretty salma lesson plan old restorativejustice org - Jan 19 2022

teachingbooks multi leveled lesson pretty salma a little red - Oct 08 2023

web with these multi leveled lessons students are encouraged to explore the important elements of any narrative text to support comprehension each level includes spaces

pretty salma by niki daly ingesproken door valentine - May 23 2022

web pretty salma harper collins sleuthing duo emily and james tackle their most challenging mystery yet set on the haunting alcatraz island in book 3 of the new york times

leveled reading passages supporting pretty salma a little red - May 03 2023

web mar 24 2014 many times stories are used to teach children a lesson reading this story about pretty salma i thought about what lessons children could be learn from the story

pretty salma a little red riding hood story from africa - Jun 04 2023

web leveled reading passages supporting pretty salma a little red riding hood story from africa this set of leveled reading passages can be used to supplement the book pretty

seeking global perspectives in traditional literature - Apr 02 2023

web travel to ghana and meet the delightful pretty salma in this african version of little red riding hood this set includes

everything that you need to dive deep into this charming

pretty salma lesson plan solutions milnerbrowne com - Jun 23 2022

web grades checklist lesson plan book include 50 weeks for 6 class weekly lesson planning with remember and note student information for 35 students names

une bra ve histoire de l avenir audio livre 1 cd sarah rees - Feb 26 2022

web guides you could enjoy now is une bra ve histoire de l avenir audio livre 1 cd below the domestication of the savage mind jack goody 1977 11 24 professor goody s

une brève histoire de l avenir jacques attali archive org - Jun 13 2023

web une brève histoire de l avenir by jacques attali publication date 2006 topics vingt et unième siècle prévisions prévision prévision sociale prévision économique

une bra ve histoire de l avenir audio livre 1 cd pdf uniport edu - Jun 01 2022

web apr 29 2023 une bra ve histoire de l avenir audio livre 1 cd 1 1 downloaded from uniport edu ng on april 29 2023 by guest une bra ve histoire de l avenir audio

une bra ve histoire de l avenir audio livre 1 cd uniport edu - Feb 09 2023

web mar 20 2023 download and install une bra ve histoire de l avenir audio livre 1 cd hence simple revue générale biographique historique etc le biographe universel et

une bra ve histoire de l avenir audio livre 1 cd copy - Nov 06 2022

web une bra ve histoire de l avenir audio livre 1 cd is available in our digital library an online access to it is set as public so you can download it instantly our books collection spans

une brève histoire de l avenir nouvelle de jacques attali - Nov 25 2021

web aug 19 2015 retrouvez l ebook une brève histoire de l avenir nouvelle édition revue et augmentée de jacques attali Éditeur fayard format epub librairie decitre votre

une brève histoire de l avenir livre audio audible fr - Jul 02 2022

web une brève histoire de l avenir le livre audio version abrégée de jacques attali à télécharger Écoutez gratuitement l audiobook une brève histoire de l avenir en

une brève histoire de l avenir livre audio 1 cd mp3 fnac - Jul 14 2023

web livre audio 1 cd mp3 texte adapté par l auteur une brève histoire de l avenir jacques attali thierry kazazian audiolib des milliers de livres avec la livraison chez vous en 1

une brève histoire de l avenir nouvelle édition revue et augmentée - Jan 28 2022

web retrouvez une brève histoire de l avenir nouvelle édition revue et augmentée et des millions de livres en stock sur

amazon fr achetez neuf ou d occasion interrompu

une brève histoire de l avenir audio livre 1 cd mp3 437 mo by - Sep 04 2022

web une brève histoire de l avenir audio livre 1 cd mp3 437 mo by jacques attali peste noire certes non tous les articles tous les ouvrages qui traitent de l histoire générale et

une breve histoire de l avenir audio livre cd mp3 jacques - Aug 03 2022

web une breve histoire de l avenir audio livre cd mp3 jacques attali audiolib on amazon com au free shipping on eligible orders une breve histoire de l avenir

une bra ve histoire de l avenir audio livre 1 cd david a l - Apr 11 2023

web 1 une bra ve histoire de l avenir audio livre 1 cd recognizing the way ways to acquire this book une bra ve histoire de l avenir audio livre 1 cd is additionally useful you

une bra ve histoire de l avenir audio livre 1 cd copy - Oct 05 2022

web mar 15 2023 une bra ve histoire de l avenir audio livre 1 cd getting the books une bra ve histoire de l avenir audio livre 1 cd now is not type of challenging means you

une bra ve histoire de l avenir audio livre 1 cd copy ftp - May 12 2023

web may 27 2023 this is likewise one of the factors by obtaining the soft documents of this une bra ve histoire de l avenir audio livre 1 cd by online you might not require

une bra ve histoire de l avenir audio livre 1 cd download - Mar 30 2022

web 2 une bra ve histoire de l avenir audio livre 1 cd 2022 08 18 de la maison des pays ibériques de bordeaux ancien directeur de la casa de velásquez de madrid il est

une bra ve histoire de l avenir audio livre 1 cd pdf pdf - Dec 07 2022

web avenir audio livre 1 cd pdf book review unveiling the magic of language in a digital era where connections and knowledge reign supreme the enchanting power of language

une bra ve histoire de l avenir audio livre 1 cd pdf - Mar 10 2023

web jul 19 2023 une bra ve histoire de l avenir audio livre 1 cd 1 6 downloaded from uniport edu ng on july 19 2023 by guest computer une bra ve histoire de l avenir

une bra ve histoire de l avenir audio livre 1 cd pdf download - Sep 23 2021

web une bra ve histoire de l avenir audio livre 1 cd pdf introduction une bra ve histoire de l avenir audio livre 1 cd pdf download only le lion aux cheveux verts

une bra ve histoire de l avenir audio livre 1 cd phone cholaca - Oct 25 2021

web une bra ve histoire de l avenir audio livre 1 cd as one of the most committed sellers here will very be along with the best

options to review une bra ve histoire de l avenir

une bra ve histoire de l avenir audio livre 1 cd full pdf - Jan 08 2023

web une bra ve histoire de l avenir audio livre 1 cd a literary masterpiece that delves deep into the significance of words and their impact on our lives compiled by a

une brève histoire de l avenir bd informations cotes - Dec 27 2021

web nov 26 2008 tout sur la série une brève histoire de l avenir 2020 quatre amis d enfance assistent à un événement fondateur dont ils se souviendront toute leur vie le

une bra ve histoire de l avenir audio livre 1 cd 2023 - Apr 30 2022

web 1 une bra ve histoire de l avenir audio livre 1 cd sister love and other crime stories with audio level 1 oxford bookworms library may 31 2022 a level 1 oxford

une brève histoire de l avenir audio livre 1 cd mp3 437 mo - Aug 15 2023

web noté 5 retrouvez une brève histoire de l avenir audio livre 1 cd mp3 437 mo et des millions de livres en stock sur amazon fr achetez neuf ou d occasion

negotiations business english worksheets role plays games - Jan 09 2023

web business english negotiations worksheet vocabulary reading and writing exercises matching unscrambling labelling writing sentences from prompts intermediate b1 25 minutes in this useful negotiation positions worksheet students learn and practice expressing simple negotiation positions first students match keywords related to

salary negotiation a role play exercise to prepare for salary negotiation - Feb 27 2022

web the role play exercise herein is designed to provide business students a foundation in basic negotiation through a scenario that boosts student interest and engagement and allow quick applicability

powerful conflict resolution games for teaching negotiation - Nov 07 2022

web sep 19 2019 from complicated strategies to artful subterfuge conflict resolution games are one of the very best ways to prepare for the challenges of real world negotiation role play simulations that employ game theory enable participants to analyze negotiations make strategic decisions and anticipate their counterpart s next move

negotiation role play exercise 101 east meets west negotiations - May 01 2022

web feb 11 2022 we will talk more about how you should come up with appropriate negotiation scenarios for this exercise to go on smoothly before you read on feel free to check out some great sales role play exercises here linkedin linkedin com pulse 5 sales role play exercises dramatically improve your

our top 10 practice negotiation exercises and activities karrass - Feb 10 2023

web jul 7 2023 our 14 favorite negotiation practice exercises regular practice is essential for any master negotiator in the

making you must avoid entering your first negotiation without the proper training

[workplace negotiation role plays discussion expressions](#) - Apr 12 2023

web class time 40 60 mins language focus speaking expressions for making a request agreeing and disagreeing negotiation

description students study expressions for discussing issues at work and then practice using them in role play situations

material download workers rights expressions roleplays docx

[negotiation exercises role play program on negotiation at](#) - Sep 05 2022

web apr 1 2021 learn how to negotiate like a diplomat think on your feet like an improv performer and master job offer

negotiation like a professional athlete when you download a copy of our free special report negotiation skills negotiation

strategies and negotiation techniques to help you become a better negotiator from the program on

[role play simulations to help you become a better mediator](#) - Oct 06 2022

web jul 25 2019 to help professionals learn the art of mediation the program on negotiation s teaching negotiation resource

center tnrc offers a wide range of negotiation examples simulations and role play exercises two of the tnrcs most useful

negotiation examples for learning how to become a better mediator are dirty

exercises and negotiation sales pro central - Mar 31 2022

web feb 27 2020 august 15 2023 sales role play exercises are one of the tried and true approaches that sales teams use to

help reps practice and prepare for real world buyer interactions below are six sales role play exercises on key topics to try

with your reps that can be conducted no matter where they re working today

[speaking activity role plays for negotiation complaining esl](#) - Mar 11 2023

web role plays for negotiation complaining brainstorm with a partner write down reasons 1 why an employee might get fired

2 why a company might go bankrupt 3 why a candidate might not get hired for a job at an it company after an interview 4

why a student might complain about his or her school

[negotiation exercises mit opencourseware](#) - Dec 08 2022

web negotiation exercises throughout the course you will participate in role playing negotiation exercises you will be

assigned a role partnered with one or more other students given a case with instructions and confidential information and

asked to

lesson 2 united states institute of peace - Aug 04 2022

web negotiation role play rationale this lesson allows students to practice all of the skills introduced in the toolkit thus far in

one exercise conflict analysis conflict styles active listening building relationships trust identifying wants and needs and

using creative problem solving

best negotiation exercises for your new semester pon - Jul 15 2023

web apr 1 2021 negotiation exercises and role play simulations introduce participants to new negotiation and dispute resolution tools techniques and strategies our videos books case studies and periodicals are also a helpful way of introducing students to key concepts while addressing the theory and practice of negotiation and conflict management

10 sales role play exercises scenarios to prep for negotiations - Aug 16 2023

web aug 23 2021 enter negotiation role play exercises working through a hypothetical scenario with a team member or coach gives you a low stakes opportunity to identify your strengths weaknesses and stumbling blocks

negotiation role plays critical skill builders pon program on - Jun 14 2023

web aug 13 2019 negotiation role plays introduce participants to new negotiation and dispute resolution tools techniques and strategies our videos books case studies and periodicals are also a helpful way of introducing viewers to key concepts while addressing the theory and practice of negotiation and conflict management

salary negotiation a role play exercise to prepare for salary - Dec 28 2021

web aug 22 2018 the salary negotiation exercise below follows recommendations to use realistic role plays to teach negotiation skills alexander lebaron 2009 patton 2009 poitras et al 2013 this role play develops skills in planning developing and delivering a salary negotiation plan to maximize salary potential or reduce salary exposure

teaching the fundamentals the best introductory negotiation role play - May 13 2023

web aug 31 2023 negotiation exercises and role play simulations introduce participants to new negotiation and dispute resolution tools techniques and strategies our videos books case studies and periodicals are also a helpful way of introducing students to key concepts while addressing the theory and practice of negotiation

12 sales role play scenarios exercises to sharpen your - Jan 29 2022

web jun 13 2023 master the art of sales negotiation with our 12 engaging sales role play scenarios discover effective strategies scripts and examples to sharpen your sales team s skills dive into real world situations and supercharge your team s confidence at the negotiating table perfect for sales training and skill development

5 sales role play exercises to dramatically improve your negotiation skills - Jul 03 2022

web dec 6 2018 sales role play exercises 1 practice dealing with extreme situations many sports coaches overtrain their athletes if you can run six miles in high altitudes they reason you ll be in

10 negotiation roleplays busyteacher - Jun 02 2022

web found a mistake i created these ten roleplays to use with my students of marketing and communication before attempting these roleplays the students were given some guidance on how to negotiate as well as reviewing essential vocabulary you will need to print and cut up give one role to each student written in british english