Station E

Communicating what we know about:

Irina's Exercise Program

Currently, Irina exercises a total of 135 minutes during each week. She is planning to begin the following new exercise program.

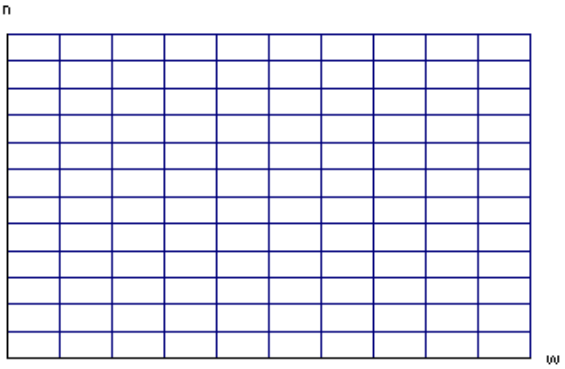
- The exercise program will last 6 weeks.
- During each week of the exercise program, she will exercise 15 minutes more that she exercised the previous week.

Table

Minutes of Exercise During Each Week

Week (w)	**Number of Minutes (n)**
0	135
1	
2	
3	
4	
5	
6	

Graph



Equation

For the data shown in the table, write an equation that shows the relationship between w and n.

Communicate

Based on the equation that you wrote, what is the total number of minutes Irina will exercise in week 20 if she continues her exercise program beyond 6 weeks? Show or explain how you got your answer.

Adapted from 2006 MCAS Mathematics Assessment Test, Grade 8, Question 28

Station E

Complete the Link Sheet to represent the information about Irina's Exercise Program in multiple ways. Also, use the information to answer the question in the Communicate box.

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Adapted from 2006 MCAS Mathematics Assessment Test, Grade 8, Question 28