7. Students will do sit-ups at one of the fitness day stations. The goal is to complete 50 sit-ups. Jerome decided to practice his sit-ups the week before fitness day. He made a table to record his progress.

Jerome's Sit-Ups

Day	Number of Sit-Ups Completed Out of 50
Sunday	18
Monday	22
Tuesday	20
Wednesday	25
Thursday	30
Friday	35
Saturday	42

- in simplest form. Show or tell how you found your answer.
- B. The goal for each day is 50 sit-ups. On which day was Jerome able to complete $\frac{1}{2}$ of the 50 sit-ups?
- Jerome told Jacob that on one of the days he completed $\frac{7}{10}$ of his goal. On which day did Jerome complete $\frac{7}{10}$ of his goal? Show or tell how you found your answer.

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