

# 2020 Fitness Challenge 70-79

Name \_\_\_\_\_ Age Group \_\_\_\_\_ Gender \_\_\_\_\_

Rev. 8/11/20

Points	Sit-Ups		Arm Presses		Leg Presses		One Leg Stands		Results - Total Points
0	0		0		0		0		Sit-Ups -----
1	1	2	1	3	1	3	1	10 seconds	Arm Presses-----
2	3	4	4	6	4	6	11	20 seconds	Leg Presses -----
3	5	6	7	9	7	9	21	30 seconds	One Leg Stand -----
4	7	8	10	12	10	12	31	40 seconds	
5	9	10	13	15	13	15	41	50 seconds	
6	11	12	16	18	16	18	51	60 seconds	
7	13	14	19	21	19	21	61	70 seconds	Total Points -----
8	15	16	22	24	22	24	71	80 seconds	
9	17	18	25	27	25	27	81	90 seconds	Place -----
10	19	20	28	30	28	30	91	100 seconds	Medal -----
11	21	22	31	33	31	33	101	110 seconds	
12	23	24	34	35	34	35	111	120 seconds	
13	25	26	36	37	36	37	121	130 seconds	
14	27	28	38	39	38	39	131	140 seconds	
15	29	30	40	41	40	41	141	150 seconds	
16	31	32	42	43	42	43	151	160 seconds	
17	33	34	44	45	44	45	161	170 seconds	
18		35	46	47	46	47	171	180 seconds	
19		36	48	49	48	49	181	190 seconds	
20		37	50	51	50	51	191	195 seconds	
21		38	52	53	52	53	196	200 seconds	
22		39	54	55	54	55	201	205 seconds	
23		40	56	57	56	57	206	210 seconds	
24		41	58	59	58	59	211	215 seconds	
25		42		60		60		220 Seconds	

Sit-ups - 1 Bonus Point for each number above 42 (Maximum Bonus 5 Points)  
 Arm Presses - 1 Bonus Point for each number above 65 (Maximum Bonus 5 points)  
 Leg Presses - 1 Bonus Point for each number above 65 (Maximum Bonus 5 Points)  
 One Leg Stands - If you achieve the 220 seconds in less than 10 attempts,  
 you will receive bonus points according to the following schedule:  
 9 attempts = 1 point, 8 attempts = 2 points, 7 attempts = 3 points, etc. (Maximum Bonus 5 Points)

For each skill circle the correct number obtained for that skill or write the exact number for that skill in the space provided and circle the corresponding number in the Points Column and record that point total in the Results Column adding any Bonus Points.