

2020 Fitness Challenge 80-89

Name _____ Age Group _____ Gender _____

Rev. 8/11/20-MH

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	125 seconds	
14	27	28	38	39	38	39	126	130 seconds	
15	29	30	40	41	40	41	131	135 seconds	
16		31	42	43	42	43	136	140 seconds	
17		32	44	45	44	45	141	145 seconds	
18		33	46	47	46	47	146	150 seconds	
19		34	48	49	48	49	151	155 seconds	
20		35	50	51	50	51	156	160 seconds	
21		36	52	53	52	53	161	165 seconds	
22		37	54	55	54	55	166	170 seconds	
23		38	56	57	56	57	171	175 seconds	
24		39	58	59	58	59	176	179 seconds	
25		40		60		60		180 Seconds	

Sit-ups - 1 Bonus Point for each number above 40 (Maximum Bonus 5 Points)
 Arm Presses - 1 Bonus Point for each number above 60 (Maximum Bonus 5 points)
 Leg Presses - 1 Bonus Point for each number above 60 (Maximum Bonus 5 Points)
 One Leg Stands - If you achieve the 180 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.