

OSG Summer 2020 Fitness Challenge 80-89

Name _____ Age Group _____ Gender _____

Points	Sit-Ups		45° Push Ups		Deep Knee Bends		One Leg Stands		Results - Total Points
0	0		0		0		0		Sit-Ups -----
1	1	2	1	2	1	2	1	10 seconds	45° Push Ups -----
2	3	4	3	4	3	4	11	20 seconds	Deep Knee Bends -----
3	5	6	5	6	5	6	21	30 seconds	One Leg Stand -----
4	7	8	7	8	7	8	31	40 seconds	
5	9	10	9	10	9	10	41	50 seconds	
6	11	12		11		11	51	60 seconds	
7	13	14		12		12	61	70 seconds	Total Points -----
8	15	16		13		13	71	80 seconds	
9	17	18		14		14	81	90 seconds	
10	19	20		15		15	91	100 seconds	LEVEL -----
11	21	22		16		16	101	110 seconds	
12	23	24		17		17	111	120 seconds	
13	25	26		18		18	121	125 seconds	
14	27	28		19		19	126	130 seconds	
15	29	30		20		20	131	135 seconds	
16		31		21		21	136	140 seconds	
17		32		22		22	141	145 seconds	
18		33		23		23	146	150 seconds	
19		34		24		24	151	155 seconds	
20		35		25		25	156	160 seconds	
21		36		26		26	161	165 seconds	
22		37		27		27	166	170 seconds	
23		38		28		28	171	175 seconds	
24		39		29		29	176	179 seconds	
25		40		30		30		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. Circle the corresponding number in the Points Column. Record that point total in the Results Column adding any Bonus Points.

GOLD LEVEL FOR MEN: 90-100+ POINTS; SILVER 80-89; BRONZE 70-79
GOLD LEVEL FOR WOMEN: 80-100+,POINTS; SILVER 70-79; BRONZE 60-69