

2020 Fitness Challenge 60-69

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	0		1	3	1	3	1	15 seconds	Arm Presses-----
2	1	2	4	6	4	6	16	30 seconds	Leg Presses -----
3	3	4	7	9	7	9	31	40 seconds	One Leg Stand -----
4	5	6	10	12	10	12	41	50 seconds	
5	7	8	13	15	13	15	51	60 seconds	
6	9	10	16	18	16	18	61	70 seconds	
7	11	12	19	21	19	21	71	80 seconds	Total Points -----
8	13	14	22	24	22	24	81	90 seconds	
9	15	16	25	27	25	27	91	100 seconds	Place -----
10	17	18	28	30	28	30	101	110 seconds	Medal -----
11	19	20	31	33	31	33	111	120 seconds	
12	21	22	34	35	34	35	121	130 seconds	
13	23	24	36	37	36	37	131	140 seconds	
14	25	26	38	39	38	39	141	150 seconds	
15	27	28	40	41	40	41	151	160 seconds	
16	29	30	42	43	42	43	161	170 seconds	
17	31	32	44	45	44	45	171	180 seconds	
18	33	34	46	47	46	47	181	190 seconds	
19	35	36	48	49	48	49	191	200 seconds	
20	37	38	50	51	50	51	201	210 seconds	
21	39	40	52	53	52	53	211	220 seconds	
22	41		54	55	54	55	221	230 seconds	
23	42		56	57	56	57	231	240 seconds	
24	43		58	59	58	59	241	250 seconds	
25	44		60		60		260 Seconds		

Sit-ups - 1 Bonus Point for each number above 44 (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 260 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.