SOVA FALL FITNESS COMBINE SCORE SHEET - UCS INDIVIDUAL

NOTES & INSTRUCTIONS:

- Participants should send their score sheet to their coach.
- Three of the level boxes have a drop down box with exercise choices- please select your exercise.
- Only enter numbers into the cell please do not include any letters or decimals.
- Times should be entered in "Minute:Second" format (ex: $\underline{2:20} = 2 \text{ minutes and } 20 \text{ seconds, } \underline{0:10} = \text{ten seconds}$)
- Distance should be entered in "inches", not "feet and inches" (ex: type 61 in the cell, not 5'1"). Additionally, distance should be rounded to the closest whole inch (ex: Less than 1.5 inches = 1 inch, greater than or equal to 1.5 inches = 2 inches)

		CONT	ACT INFO	RMATION					
SCHOOL									
COACH'S NAME									
TEAM NAME									
STUDENT FIRST NAME									
STUDENT LAST NAME									
CONTACT NAME									
CONTACT EMAIL									
CONTACT PHONE #									
			SCORES						
	LEVEL	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Endurance									
Agility									
Upper Body Endurance									
Upper Body Strength									
Lower Body Power									
Lower Body Endurance									
Flexibility									
Core									
Balance		_							