SCORE TRACKING CARD

Can you complete each of the seven exercises once a week for the whole season? Keep track of your scores here!

NAME:	SEASON OPENER	WEEK #2	WEEK #3	WEEK #4	WEEK #5	WEEK #6	WEEK #7	CHAMPIONSHIP
BALL TAP How many can you do in 60 seconds?								
HIGH KNEES How many can you do in 60 seconds?								
JUMPING JACKS How many can you do in 60 seconds?								
BURPEES How many can you do in 60 seconds?								
CONE JUMPS How many can you do in 60 seconds?								
MOUNTAIN CLIMBERS How many can you do in 60 seconds?								
PUSH-UPS How many can you do in 60 seconds?								