

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
JUMPING JACKS How many can you do in 60 seconds?								
5-10-5 RUN How fast can you complete it?								
BALL TAP How many can you do in 60 seconds?								
SQUATS How many can you do in 60 seconds?								
FRONT TO BACK JUMPS How many can you do in 60 seconds?								
MOUNTAIN CLIMBERS How many can you do in 60 seconds?								
BURPEE How many can you do in 60 seconds?								