

Fitness Challenge Weekly Scorecard Submit a completed card weekly to emily@specialolympicsalaska.org



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14/b o4 40.	voo of much		PUSH UP	S				
What type of push ups did you do Regular Push Ups Wall Push Seated Push Ups Knee Push			Push Ups	Record the number of push ups you were able to do in 1 minute				
MON	TUES	WED	THURS	FRI	SAT	SUN		
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SQUATS								
What type of squats did you do? Regular Squats Chair Squats Seated Leg Raises				Record the number of squats you were able to do in 1 minute for at least 5 days of the week.				
MON	TUES	WED	THURS	FRI	SAT	SUN		

JUMPING JACKS

What type of jumping jacks did you do?

Regular Jumping Jacks Seated Jumping Jacks Record the number of jumping jacks you were able to do in 1 minute for at least 5 days of the week.

MON	TUES	WED	THURS	FRI	SAT	SUN

BOXING

What type of boxing did you do?

Regular Boxing Seated Boxing Record the number of punches you were able to throw in 1 minute for at least 5 days of the week.

MON	TUES	WED	THURS	FRI	SAT	SUN

CURL UPS

What type of curl ups did you do?

Regular Curl Ups
Double Knee Raises
Single Knee Raises

Record the number of curl ups you were able to do in 1 minute for at least 5 days of the week.

MON	TUES	WED	THURS	FRI	SAT	SUN