|  |  |  |
| --- | --- | --- |
| **WEEK 1** | Score | Points |
| 12 Minute Run |  |  |
| 1 Minute Sit Up Test |  |  |
| Push Up Test |  |  |
| Wall Sit Test |  |  |
| BONUS burpees |  |  |
| **WEEK 2** |  |  |
| Pull up test |  |  |
| Plank test |  |  |
| Squat test |  |  |
| 1.5 mile run |  |  |
| BONUS Ball Slams |  |  |

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| --- | --- | --- |
| **WEEK 4** | Score | Points |
| 12 Minute Run |  |  |
| 1 Minute Sit Up Test |  |  |
| Push Up Test |  |  |
| Wall Sit Test |  |  |
| BONUS Incline |  |  |
| **WEEK 6** |  |  |
| Pull up test |  |  |
| Plank test |  |  |
| Squat test |  |  |
| 1.5 mile run |  |  |
| BONUS Rope Slams |  |  |

|  |  |  |
| --- | --- | --- |
| **WEEK 7** | Score | Points |
| 12 Minute Run |  |  |
| 1 Minute Sit Up Test |  |  |
| Push Up Test |  |  |
| Wall Sit Test |  |  |
| BONUS Jump Rope |  |  |
| **WEEK 8** |  |  |
| Pull up test |  |  |
| Plank test |  |  |
| Squat test |  |  |
| 1.5 mile run |  |  |
| BONUS Leg Press |  |  |
|  |  |  |
| SOCIAL MEDIA POINTS |  |  |
| CIRCUIT POINTS |  |  |
| WEIGHT BONUS |  |  |

TOTAL POINTS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_