



2017 County Wide Fitness Challenge

Personal Score Card

Participant Name _____

Team Captain _____

(Submit your total points to your team captain every week.)

	Week 1 Apr 17-23	Week 2 Apr 24- April 30	Week 3 May 1-7	Week 4 May 8 - 14	Week 5 May 15-21	Week 6 May 22- 28	Total
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Extra Bonus Points (5K walks/watch dog, Tinman, Mother's Day Run)							
ParticipaACTION 150 Play List (10 BonusPoints for each new one accomplished)							
Your TOTAL points							

Remember: ANY 30 consecutive minutes outside of work.

***There is no maximum limit on the number of points each person can score per day or per week.

Your team captain must email your team points to Deb Hartung vulcanfitness@gmail.com by midnight on the Wednesday of each week of the challenge in order to be counted. For example, week one points need to be reported by midnight on April 26th in order to be counted and so on. **IF THE TEAM POINTS ARE NOT EMAILED ON TIME, THEY WILL NOT BE COUNTED.