



FITNESS CHALLENGE SCORECARD

2020 Virtual Summer Games



Special Olympics
Washington



Name: _____ Role: Athlete Partner

Phone: _____ Email: _____

Mailing Address: _____

INDIVIDUAL SKILLS

Push-Ups

How many can you complete in 60 seconds?

Final Score:

Squats

How many can you complete in 60 seconds?

Final Score:

Jumping Jacks

How many can you complete in 60 seconds?

Final Score:

Boxing

How many can you complete in 60 seconds?

Final Score:

Curl-Ups

How many can you complete in 60 seconds?

Final Score:

Add up individual scores from all five events to get your total score!

TOTAL SCORE: _____