



FITNESS HEPTATHLON SCORECARD

2020 Virtual Fall Games



Name: _____ Role: Athlete Partner

Phone: _____ Email: _____

Mailing Address: _____

Area: _____

INDIVIDUAL EVENTS

Components

Exercise (Choose one per component)

Agility

10-yd Run-Walk-Roll

Final Time: ____ : ____ : ____ (mm:ss:ms)

Box Agility Test

Final Time: ____ : ____ : ____ (mm:ss:ms)

Balance

Ball Tap

Final Score: _____

Seated Lateral Bends

Final Score: _____

Core Body Strength

Curl Ups

Final Score: _____

Planks

Final Time: ____ : ____ : ____ (mm:ss:ms)

Lower Body Strength

Squats

Final Score: _____

Wall Sits

Final Time: ____ : ____ : ____ (mm:ss:ms)

Lower Body Endurance

Side-to-Side Jumps

Final Score: _____

Front-to-Back Jumps

Final Score: _____

Cardiovascular Endurance

Step Test

Final Score: _____

Mountain Climbers

Final Score: _____

Seated Jumping Jacks

Final Score: _____

Upper Body Strength

Chair Push-Ups

Final Score: _____

Roman Holds

Final Time: ____ : ____ : ____ (mm:ss:ms)

Push-Ups

Final Score: _____