



# FITNESS HEPTATHLON SCORECARD

2021 Virtual Winter Games



Name: \_\_\_\_\_ Role: ☐ Athlete ☐ Partner

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Area: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

## INDIVIDUAL EVENTS

### Components

### Exercise (Choose one per component)

#### Agility

- ☐ Box Agility Test Final Time: \_\_\_\_ : \_\_\_\_ : \_\_\_\_ (mm:ss:ms)
- ☐ 10-yd Run-Walk-Roll Final Time: \_\_\_\_ : \_\_\_\_ : \_\_\_\_ (mm:ss:ms)
- ☐ 5-10-5 Test Final Time: \_\_\_\_ : \_\_\_\_ : \_\_\_\_ (mm:ss:ms)

#### Balance

- ☐ Ball Tap Final Score: \_\_\_\_\_
- ☐ Seated Lateral Bends Final Score: \_\_\_\_\_
- ☐ One Leg Stance (eyes closed) Final Time: \_\_\_\_ : \_\_\_\_ : \_\_\_\_ (mm:ss:ms)

#### Core Body Strength

- ☐ Curl Ups Final Score: \_\_\_\_\_
- ☐ Planks Final Time: \_\_\_\_ : \_\_\_\_ : \_\_\_\_ (mm:ss:ms)

#### Lower Body Strength

- ☐ Squats Final Time: \_\_\_\_ : \_\_\_\_ : \_\_\_\_ (mm:ss:ms)
- ☐ Wall Sits Final Score: \_\_\_\_\_
- ☐ Sit-to-Stand Final Score: \_\_\_\_\_

#### 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: \_\_\_\_\_
- ☐ Burpees Final Score: \_\_\_\_\_

#### Upper Body Strength

- ☐ Chair Push-Ups Final Score: \_\_\_\_\_
- ☐ Roman Holds Final Time: \_\_\_\_ : \_\_\_\_ : \_\_\_\_ (mm:ss:ms)
- ☐ Push-Ups Final Score: \_\_\_\_\_