



## Score Sheet

Team Name:		
Gym Name:		Location:

<b>Burpees</b>	Tally mark = 10 reps	TOTAL
[10 mins]		
<b>Push-ups</b>	Tally mark = 10 reps	TOTAL
[10 mins]		
<b>Sit-ups</b>	Tally mark = 10 reps	TOTAL
[10 mins]		
<b>Air-Squats</b>	Tally mark = 10 reps	TOTAL
[10 mins]		
<b>GRAND TOTAL:</b>		

Participant's Name	Email