



2018 County Wide Fitness Challenge

Personal Score Card

Participant Name _____

Team Captain _____

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

	Week 1 Apr 16-22	Week 2 Apr 23- April 29	Week 3 April 30 – May 6	Week 4 May 7 - 13	Week 5 May 14-20	Week 6 May 21- 27	Total
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Extra Bonus Points (5K walks/watch dog, Tinman, Scavenger hunt, Mother’s Day Run)							
Vulcan county Participaction 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 25th in order to be counted and so on. **IF THE TEAM POINTS ARE NOT EMAILED ON TIME, THEY WILL NOT BE COUNTED.