

OSG Summer 2020 Fitness Challenge 60-69

Name _____ Age Group _____ Gender _____

Points	Sit-Ups		45° Push Ups		Deep Knee Bends		One Leg Stands		Results - Total Points
0	0		0		0		0		Sit-Ups -----
1	0		1	3	1	2	1	15 seconds	45° Push Ups -----
2	1	2	4	5	3	4	16	30 seconds	Deep Knee Bends -----
3	3	4	6	7	5	6	31	40 seconds	One Leg Stand -----
4	5	6	8	9	7	8	41	50 seconds	
5	7	8	10	11	9	10	51	60 seconds	
6	9	10	12	13	11	12	61	70 seconds	
7	11	12	14	15	13	14	71	80 seconds	Total Points -----
8	13	14	16	17	15	16	81	90 seconds	
9	15	16	18	19	17	18	91	100 seconds	
10	17	18	20	21	19	20	101	110 seconds	LEVEL -----
11	19	20	22	23	21	22	111	120 seconds	
12	21	22	24	25	23	24	121	130 seconds	
13	23	24	26	27	25	26	131	140 seconds	
14	25	26	28	29	27	28	141	150 seconds	
15	27	28	30	31	29	30	151	160 seconds	
16	29	30	32	33	31		161	170 seconds	
17	31	32	34	35	32		171	180 seconds	
18	33	34	36	37	33		181	190 seconds	
19	35	36	38	39	34		191	200 seconds	
20	37	38	40	41	35		201	210 seconds	
21	39	40	42	43	36		211	220 seconds	
22	41		44	45	37		221	230 seconds	
23	42		46	47	38		231	240 seconds	
24	43		48	49	39		241	250 seconds	
25	44		50		40		260	260 Seconds	

Sit-ups - 1 Bonus Point for each number above 44 (Maximum Bonus 5 Points)
 Arm Presses - 1 Bonus Point for each number above 60 (Maximum Bonus 5 points)
 Leg Presses - 1 Bonus Point for each number above 60 (Maximum Bonus 5 Points)
 One Leg Stands - If you achieve the 260 seconds in less than 10 attempts,
 you will receive bonus points according to the following schedule:
 9 attempts = 1 point, 8 attempts = 2 points, 7 attempts = 3 points, etc. (Maximum Bonus 5 Points)

For each skill circle the correct number obtained for that skill or write the exact number for that skill in the space provided. Circle the corresponding number in the Points Column. Record that point total in the Results Column adding any Bonus Points.

GOLD LEVEL FOR MEN: 90-100+ POINTS; SILVER 80-89; BRONZE 70-79
GOLD LEVEL FOR WOMEN: 80-100+,POINTS; SILVER 70-79; BRONZE 60-69