



GRAND TOTALS

Gym Name:		Location:	
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Checked in	Team Name	Burpees	Push-ups	Sit-ups	Air-Squats	OVERALL TOTAL
GRAND TOTAL:						

Winners' Names	Email

INSTRUCTIONS:

- Use this form to check teams in as they arrive. Place a check mark next to their team name.
- If someone wants to sign-up the day of the event, add their name to the list and use the QR Code on the flier to have them register.

AT THE END OF THE COMPETITION:

- Use team scorecards to record **Individual Team** rep totals. Calculate individual team's **overall total**.
- **CIRCLE** the Team Name with the highest **overall total**. Write the winning team name in the appropriate blank in the "SCRIPT" to be announced (if using the script).
- Add up the OVERALL TOTAL column to find the GRAND TOTAL.
- Immediately after the competition, send a picture of this sheet and all the individual team score sheets to Jeff@TridentFreedomFoundation.org.