



Score Sheet

Team Name:		
Gym Name:		Location:

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

Participant's Name	Email