

NEW YEAR FITNESS CHALLENGE INDIVIDUAL SCORESHEET



NAME: _____ GENDER: _____ DOB: _____
 COUNTY: _____ ROLE (athlete/partner): _____

	SUN	MON	TUE	WED	THU	FRI	SAT
		1/18	1/19	1/20	1/21	1/22	1/23
COMPLETED 4 FIT 5 ACTIVITIES							
COMPLETED 2 HEALTH & WELLBEING ACTIVITIES							
	1/24	1/25	1/26	1/27	1/28	1/29	1/30
COMPLETED 4 FIT 5 ACTIVITIES							
COMPLETED 2 HEALTH & WELLBEING ACTIVITIES							
	1/31	2/1	2/2	2/3	2/4	2/5	2/6
COMPLETED 4 FIT 5 ACTIVITIES							
COMPLETED 2 HEALTH & WELLBEING ACTIVITIES							
	2/7	2/8	2/9	2/10	2/11	2/12	2/13
COMPLETED 4 FIT 5 ACTIVITIES							
COMPLETED 2 HEALTH & WELLBEING ACTIVITIES							
	2/14						TOTAL SCORE 0
COMPLETED 4 FIT 5 ACTIVITIES							
COMPLETED 2 HEALTH & WELLBEING ACTIVITIES							

CHALLENGES

There are 2 parts to the New Year FIT 5 Challenge (NYFC):

1. Complete at least four (4) Fit 5 activities each day.
2. Complete at least two (2) health & wellbeing activities each day.

NOTE: Use the NYFC Activity Listing to choose any combination of four (4) Fit 5 activities and two (2) health & wellbeing activities in your level. You may select a different combination of activities each day.

SCORING

- A. Place an "X" in each box when you achieve that challenge for the day.
- B. Each box = 1 point. Maximum of 2 points per day.
- C. A perfect score is 56 points.

BONUS POINTS

Earn 10 bonus points for participating in the Polar Plunge Run. Small fee applies.
 Contact Stephanie Manner at smanner@soindiana.org for more information and to register.

AWARDS

GOLD MEDAL	50 points or more
SILVER MEDAL	40 - 49 points
BRONZE MEDAL	30 - 39 points

The State Office will mail awards to County Coordinators by early March.

REGISTRATION INFO

ENTRY FEE	\$3 per person
DEADLINE	Monday, January 25 by 5:00pm Eastern
E-FORM	Registration only accepted via e-form found at www.soindiana.org/hope .

RESULTS

DEADLINE	Monday, February 22 by 5:00pm Eastern
SUBMITTING	Must submit results via e-form found at www.soindiana.org/hope . Do NOT submit this form.