

# DoctorJeal Monthly Exercise Challenges

## January Plank Challenge Scoring Sheet

TARGET LEVEL	POINTS	Exercise Level	BONUS POINTS
Level 1	1 point	Half Plank	+1 Point
Level 2	2 points	Full Plank	+2 Points
Level 3	3 points	Plank UP/DOWNS	+3 Points

*Not completing the challenge for any day scores 0 points*

DAY	LEVEL 1	LEVEL 2	LEVEL 3	SCORE	DAY	LEVEL 1	LEVEL 2	LEVEL 3	SCORE
1	10	20	30		8	35	70	105	
2	10	20	30		9	35	70	105	
3	15	30	45		10	40	80	120	
4	15	30	45		11	40	80	120	
5	20	40	60		12	45	90	135	
6	20	40	60		13	45	90	135	
7	30	60	90		14	55	110	165	
15	60	120	180		22	85	170	255	
16	60	120	180		23	85	170	255	
17	65	130	195		24	90	180	270	
18	65	130	195		25	90	180	270	
19	70	140	210		26	95	190	285	
20	70	140	210		27	95	190	285	
21	80	160	240		28	105	210	315	
29	110	230	330						
30	115	230	345						
31	120	240	360						

<b>Total Score</b>	
--------------------	--