

# DoctorJeal Monthly Exercise Challenges

## AprilAbs Challenge Scoring Sheet

TARGET LEVEL	POINTS	EXERCISE LEVEL	POINTS
Level 1 (Green)	1 point	Easy 1. Bent Knee Crunch 2. Bent Knee Leg Lowee	+1 point
Level 2 (Amber))	2 points	Moderate 1. Box Crunch 2. Scissors Leg lower	+2 points
Level 3 (Red)	3 points	Advanced 1. Knee Tuck Crunch 2. Straight Leg Lower	+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	17	34	51	
2	11	22	33		9	18	36	54	
3	12	24	36		10	19	38	57	
4	13	26	39		11	20	40	60	
5	14	28	42		12	21	42	63	
6	15	30	45		13	22	44	66	
7	16	32	48		14	23	46	69	
15	24	48	72		22	31	62	93	
16	25	50	75		23	32	64	96	
17	26	52	78		24	33	66	99	
18	27	54	81		25	34	68	102	
19	28	56	84		26	35	70	105	
20	29	58	87		27	36	72	108	
21	30	60	90		28	37	74	111	
29	38	76	114		30	39	78	117	

<b>Total Score</b>	
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