

# DoctorJeal Monthly Exercise Challenges

## SpottyDogMay Challenge Scoring Sheet

TARGET LEVEL	POINTS	EXERCISE LEVEL	POINTS
Level 1	1 point	Easy	+1 point
Level 2	2 points	Moderate	+2 points
Level 3	3 points	Advanced	+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	30	60	90		8	65	130	195	
2	35	70	105		9	60	120	180	
3	40	80	120		10	55	110	165	
4	45	90	135		11	50	100	150	
5	50	100	150		12	65	130	195	
6	55	110	165		13	70	140	210	
7	60	120	180		14	75	150	225	
15	80	160	240		22	95	190	285	
16	75	150	225		23	90	180	270	
17	70	140	210		24	85	170	255	
18	65	130	195		25	80	160	240	
19	80	160	240		26	95	190	285	
20	85	170	255		27	100	200	300	
21	90	180	270		28	105	210	315	
29	110	220	330		31	125	250	375	
30	115	230	345						

<b>Total Score</b>	
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