

# DoctorJeal Monthly Exercise Challenges

## Augthrust 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	10	20	30		8	26	52	78	
2	15	30	45		9	31	62	93	
3	19	38	57		10	35	70	105	
4	22	44	66		11	38	76	114	
5	24	48	72		12	40	80	120	
6	25	50	75		13	41	82	123	
7	25	50	75		14	41	82	123	
15	42	84	126		22	58	116	174	
16	47	94	141		23	63	126	189	
17	51	102	153		24	67	134	201	
18	54	108	162		25	70	140	210	
19	56	112	168		26	72	144	216	
20	57	114	171		27	73	146	219	
21	57	114	171		28	73	146	219	
29	74	148	222						
30	79	158	237						
31	83	166	249						

<b>Total Score</b>	
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