

DoctorJeal Monthly Exercise Challenges

28 Day Lunge Challenge Scoring Sheet

TARGET LEVEL	POINTS
Level 1	1 point
Level 2	2 points
Level 3	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	38	76	114	
2	14	28	42		9	42	84	126	
3	18	36	54		10	46	92	138	
4	22	44	66		11	50	100	150	
5	26	52	78		12	54	108	162	
6	30	60	90		13	58	116	174	
7	34	68	102		14	62	124	186	
15	62	124	186		22	34	68	102	
16	58	116	174		23	30	60	90	
17	54	108	162		24	26	53	178	
18	50	100	150		25	22	44	66	
19	46	92	138		26	18	36	54	
20	42	84	126		27	14	28	42	
21	38	76	114		28	10	20	30	

Total Score	
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