

DoctorJeal Fitness Challenges

Skiptember 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	50	100	150		8	120	240	360	
2	60	120	180		9	130	260	390	
3	70	140	210		10	140	280	420	
4	80	160	240		11	150	300	450	
5	90	180	270		12	160	320	480	
6	100	200	300		13	170	340	510	
7	110	220	330		14	180	360	540	
15	190	380	570		22	140	280	420	
16	200	400	600		23	130	260	390	
17	190	380	570		24	120	240	360	
18	180	360	540		25	110	220	330	
19	170	340	510		26	100	200	300	
20	160	320	480		27	150	300	450	
21	150	300	450		28	200	400	600	
29	250	500	750						
30	300	600	900						

Total Score	
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