Hello Knights of the 21st Century!!

Over the next 3 weeks, your mission, should you chose to accept it, is to score as many points as you can by performing a variety of exercises. Keep track throughout the day, and fill in the point total at the end of each day. Who can score the most points over the break?

Here is how the scoring works.

**Rep exercises** (pushups, squats, lunges, sit ups, etc) - you score 1 pt for each rep. So, if you did 10 lunges on Wednesday, you would score 10 pts.

**Walk/Run** – for every mile that you walk or run, you receive 25 pts. You can earn these points every day, and add them to your rep pts to make your total points for the day.

**Plank** – On the second Saturday, the move of the day is the plank. You earn 1 point for every 10 seconds that you hold a plank.

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| **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Monday** | **Tuesday** |
| Dec. 16th | Dec. 17th | Dec. 18th | Dec. 19th | Dec. 20th | Dec. 21st | Dec. 22nd |
| **Lunge** | **Pushup** | **Sit ups** | **Pullup** | **God’s Day** | **Diamond Pushup** | **Flutter Kicks** |
| Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ |  | Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ |
| **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** |
| Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ |
| Total \_\_\_\_\_ | Total \_\_\_\_ | Total \_\_\_\_\_ | Total \_\_\_\_ | Total \_\_\_ | Total \_\_\_\_ | Total \_\_\_\_ |

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| **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Monday** | **Tuesday** |
| Dec. 23rd | Dec. 24th | Dec. 25th | Dec. 26th | Dec. 27th | Dec. 28th | Dec. 29th |
| **Squat** | **Calf Raises** | **Decline Pushups** | **Plank** | **God’s Day** | **Sit ups** | **Flutter Kicks** |
| Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ |  | Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ |
| **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** |
| Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ |
| Total \_\_\_\_ | Total \_\_\_\_ | Total \_\_\_\_ | Total \_\_\_\_ | Total \_\_\_ | Total \_\_\_\_ | Total \_\_\_\_ |

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| **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Monday** | **Tuesday** |
| Dec. 30th  | Dec. 31st | Jan. 1st | Jan. 2nd | Jan. 3rd | Jan. 4th  | Jan. 5th |
| **Lunge** | **Plank** | **Pullups** | **Pushup** | **God’s Day** | **Situps** | **Flutter Kicks** |
| Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ |  | Pts\_\_\_\_\_\_\_ | Pts\_\_\_\_\_\_\_ |
| **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** | **Run/Walk** |
| Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_ | Pts \_\_\_\_\_\_ | Pts \_\_\_\_\_\_ |
| Total \_\_\_\_ | Total \_\_\_\_ | Total \_\_\_\_ | Total \_\_\_\_ | Total \_\_\_ | Total \_\_\_\_ | Total \_\_\_\_ |