

1		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	0.0	0.0	0.0	9.5	9.5	9.5	9.5	9.5	9.5	9.5	9.5
Weight Change		0.0	0.0	0.0	0.0	9.5	9.5	9.5	9.5	9.5	9.5	9.5	9.5
Weight Change %		0.0%	0.0%	0.0%	0.0%	6.1%	6.1%	6.1%	6.1%	6.1%	6.1%	6.1%	6.1%
BF% Change		0.0%	0.0%	0.0%	0.0%	1.0%	1.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	11.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	1	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	0	0	0	0	5	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10												
Complete 2 Strength Training Sessions	5 / wk												
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts																		
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts																		
CARDIOVASCULAR CHALLENGES																				
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts																		
	Lvl 2: 12 min or less (5mph)	+ 10 pts																		
	Lvl 3: 10 min or less (6mph)	+ 15 pts																		
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts																		
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts																		
	Lvl 2: 37 min or less (5mph)	+ 10 pts																		
	Lvl 3: 31 min or less (6mph)	+ 20 pts																		
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts																		
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts																		
	Lvl 2: 5 min or less	+ 10 pts																		
	Lvl 3: 4 min or less	+ 15 pts																		
	Lvl 4: 3:30 min or less	+ 20 pts																		
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts																		
	Lvl 2: 25 min or less	+ 10 pts																		
	Lvl 3: 21 min or less	+ 20 pts																		
	Lvl 4: 18 min or less	+ 30 pts																		
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts																		
	Lvl 2: 12 min or less (15mph)	+ 10 pts																		
	Lvl 3: 10 min or less (18mph)	+ 15 pts																		
	Lvl 4: 8 min or less (20mph)	+ 20 pts																		
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts																		
	Lvl 2: 40 min or less (15mph)	+ 10 pts																		
	Lvl 3: 33 min or less (18mph)	+ 20 pts																		
	Lvl 4: 30 min or less (20mph)	+ 30 pts																		
FLEXIBILITY CHALLENGE																				
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts																		
BODY CHANGE																				
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	300	300	300	300	300	300	300	300	300	300	300	300	300
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE																				
Quit Smoking		150 pts																		
Improve Risk Indicator (Chol / BP / Gluc)		150 pts																		
Complete a Sporting Event / Misc Points		see chart																		

Total Accumulated Weekly Points

0	0	0	0	0	330	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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TOTAL POINTS

330

2		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.5	1.9	0.5	0.5	0.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5
Weight Change %		0.3%	1.1%	0.3%	0.3%	0.3%	0.9%	0.9%	0.9%	0.9%	0.9%	0.9%	0.9%
BF% Change		0.0%	0.0%	0.6%	0.6%	0.6%	0.6%	0.6%	0.6%	0.6%	0.6%	0.6%	0.6%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	4.00	8.00	0.00	10.00	32.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		0	(3)	0	(9)	0	21	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	0	5	0	5	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	15	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk	5	5	5		5						
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

3		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.5	0.0	4.0	1.5	1.0	2.0	2.0	2.0	3.0	3.5	2.5	4.0
Weight Change %		0.4%	0.0%	2.8%	1.1%	0.7%	1.4%	1.4%	1.4%	2.1%	2.5%	1.8%	2.8%
BF% Change		1.3%	1.1%	-1.3%	1.0%	0.4%	1.4%	0.2%	1.6%	-0.9%	0.9%	1.3%	2.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		11.00	12.00	13.00	14.00	10.00	16.00	17.00	19.00	21.00	23.00	24.00	25.00
Extra Miles Completed		5	5	5	5	0	5	5	5	5	5	5	5
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	0	0	0	0	5	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	10	10	10	10	0	10	10	10	10	10	10	10
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10												
Complete 2 Strength Training Sessions	5 / wk	5	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES	Level	Points											
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	30												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts													
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	15												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts													
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts													
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts	100												
CARDIOVASCULAR CHALLENGES															
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts													
	Lvl 2: 12 min or less (5mph)	+ 10 pts	50												
	Lvl 3: 10 min or less (6mph)	+ 15 pts													
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts													
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts													
	Lvl 2: 37 min or less (5mph)	+ 10 pts	75												
	Lvl 3: 31 min or less (6mph)	+ 20 pts													
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts													
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts													
	Lvl 2: 5 min or less	+ 10 pts	15												
	Lvl 3: 4 min or less	+ 15 pts													
	Lvl 4: 3:30 min or less	+ 20 pts													
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts													
	Lvl 2: 25 min or less	+ 10 pts													
	Lvl 3: 21 min or less	+ 20 pts													
	Lvl 4: 18 min or less	+ 30 pts													
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts													
	Lvl 2: 12 min or less (15mph)	+ 10 pts													
	Lvl 3: 10 min or less (18mph)	+ 15 pts													
	Lvl 4: 8 min or less (20mph)	+ 20 pts													
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts													
	Lvl 2: 40 min or less (15mph)	+ 10 pts													
	Lvl 3: 33 min or less (18mph)	+ 20 pts													
	Lvl 4: 30 min or less (20mph)	+ 30 pts													
FLEXIBILITY CHALLENGE															
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts	35												
BODY CHANGE															
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE															
Quit Smoking		150 pts													
Improve Risk Indicator (Chol / BP / Gluc)		150 pts													
Complete a Sporting Event / Misc Points		see chart													

Total Accumulated Weekly Points

750	40	40	40	35	40	40	40	40	40	40	40	40	40
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TOTAL POINTS

1185

4		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		(2.0)	(1.0)	(1.5)	1.0	(3.5)	(1.0)	0.0	0.0	(4.0)	(5.0)	(1.0)	(3.0)
Weight Change %		-0.9%	-0.5%	-0.7%	0.5%	-1.6%	-0.5%	0.0%	0.0%	-1.9%	-2.3%	-0.5%	-1.4%
BF% Change		2.5%	2.5%	2.3%	2.3%	4.0%	4.0%	4.9%	4.9%	4.9%	2.7%	3.2%	5.1%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		14.00	12.00	13.00	14.00	15.00	16.00	17.00	0.00	16.00	0.00	19.00	20.00
Extra Miles Completed		8	5	5	5	5	5	5	(14)	0	(18)	0	0
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	0	0	0	0	0	0	0	0	5	0	5	5
Complete the Weekly Miles + 5 extra miles	10 / wk	10	10	10	10	10	10	10	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10	10											
Complete 2 Strength Training Sessions	5 / wk	5	5	5	5	5	5	5		5		5	5
STRENGTH CHALLENGES	Level	Points											
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

5		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		(1.5)	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.5	1.0	1.0
Weight Change %		-0.7%	0.9%	0.9%	0.9%	0.4%	0.4%	0.4%	0.4%	0.4%	0.7%	0.4%	0.4%
BF% Change		2.5%	1.6%	1.6%	1.6%	1.9%	1.9%	1.9%	1.9%	1.9%	-1.0%	1.9%	1.9%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	15.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00
Extra Miles Completed		0	8	(8)	(9)	0	(11)	(12)	(14)	(16)	0	(19)	(20)
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	5	0	0	0	5	0	0	0	0	5	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	0	10	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10	10											
Complete 2 Strength Training Sessions	5 / wk	5	5								5		
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts																		
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts																		
CARDIOVASCULAR CHALLENGES																				
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts																		
	Lvl 2: 12 min or less (5mph)	+ 10 pts																		
	Lvl 3: 10 min or less (6mph)	+ 15 pts																		
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts																		
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts																		
	Lvl 2: 37 min or less (5mph)	+ 10 pts																		
	Lvl 3: 31 min or less (6mph)	+ 20 pts																		
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts																		
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts																		
	Lvl 2: 5 min or less	+ 10 pts																		
	Lvl 3: 4 min or less	+ 15 pts																		
	Lvl 4: 3:30 min or less	+ 20 pts																		
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts																		
	Lvl 2: 25 min or less	+ 10 pts																		
	Lvl 3: 21 min or less	+ 20 pts																		
	Lvl 4: 18 min or less	+ 30 pts																		
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts																		
	Lvl 2: 12 min or less (15mph)	+ 10 pts																		
	Lvl 3: 10 min or less (18mph)	+ 15 pts																		
	Lvl 4: 8 min or less (20mph)	+ 20 pts																		
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts																		
	Lvl 2: 40 min or less (15mph)	+ 10 pts																		
	Lvl 3: 33 min or less (18mph)	+ 20 pts																		
	Lvl 4: 30 min or less (20mph)	+ 30 pts																		
FLEXIBILITY CHALLENGE																				
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts																		
BODY CHANGE																				
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE																				
Quit Smoking		150 pts																		
Improve Risk Indicator (Chol / BP / Gluc)		150 pts																		
Complete a Sporting Event / Misc Points		see chart																		

Total Accumulated Weekly Points

45	40	0	0	30	0	0	0	0	0	0	35	0	0
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TOTAL POINTS

150

6		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		4.0	6.0	6.0	6.0	5.5	5.5	5.5	5.5	5.5	6.0	5.5	5.5
Weight Change %		2.6%	3.9%	3.9%	3.9%	3.6%	3.6%	3.6%	3.6%	3.6%	3.9%	3.6%	3.6%
BF% Change		1.1%	1.2%	1.2%	1.2%	1.6%	1.6%	1.6%	1.6%	1.6%	4.4%	1.6%	1.6%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	15.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	18.00	0.00	0.00
Extra Miles Completed		0	8	(8)	(9)	0	(11)	(12)	(14)	(16)	0	(19)	(20)
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	5	0	0	0	5	0	0	0	0	5	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	0	10	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10	10											
Complete 2 Strength Training Sessions	5 / wk	5	5			5							
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

7		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level	Points										
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

8		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10												
Complete 2 Strength Training Sessions	5 / wk												
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

9		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10												
Complete 2 Strength Training Sessions	5 / wk												
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

10		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

11		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.0	1.5	(2.5)	(2.5)	(3.5)	(1.5)	(1.5)	(1.5)	(1.5)	(1.5)	(1.5)	(1.5)
Weight Change %		0.0%	0.7%	-1.1%	-1.1%	-1.5%	-0.7%	-0.7%	-0.7%	-0.7%	-0.7%	-0.7%	-0.7%
BF% Change		0.0%	1.6%	1.6%	1.6%	1.6%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	7.00	15.00	0.00	10.00	11.00	12.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		0	0	7	(9)	0	0	0	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	5	0	0	5	5	5	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	10	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5		5							
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

12		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		(4.5)	(4.0)	(4.5)	(7.5)	(4.5)	(8.5)	(6.0)	(6.0)	(9.5)	(9.0)	(8.9)	(9.0)
Weight Change		(4.5)	(4.0)	(4.5)	(7.5)	(4.5)	(8.5)	(6.0)	(6.0)	(9.5)	(9.0)	(8.9)	(9.0)
Weight Change %		-2.6%	-2.3%	-2.6%	-4.4%	-2.6%	-5.0%	-3.5%	-3.5%	-5.6%	-5.3%	-5.2%	-5.3%
BF% Change		-0.2%	-1.8%	-3.5%	-3.5%	-4.1%	-4.2%	-5.4%	-5.4%	-6.0%	-5.5%	-5.5%	-3.2%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		21.00	12.00	13.00	16.00	15.00	26.00	17.00	52.00	16.00	18.00	15.00	20.00
Extra Miles Completed		15	5	5	7	5	15	5	38	0	0	(4)	0
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	5	5	0	5
Complete the Weekly Miles + 5 extra miles		10 / wk	0	10	10	10	0	10	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	15	0	0	0	0	15	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	20	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts												
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	30											
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts												
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	30											
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts												
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts												
CARDIOVASCULAR CHALLENGES														
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts												
	Lvl 2: 12 min or less (5mph)	+ 10 pts												
	Lvl 3: 10 min or less (6mph)	+ 15 pts												
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts												
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts												
	Lvl 2: 37 min or less (5mph)	+ 10 pts												
	Lvl 3: 31 min or less (6mph)	+ 20 pts												
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts												
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts												
	Lvl 2: 5 min or less	+ 10 pts												
	Lvl 3: 4 min or less	+ 15 pts												
	Lvl 4: 3:30 min or less	+ 20 pts												
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts												
	Lvl 2: 25 min or less	+ 10 pts												
	Lvl 3: 21 min or less	+ 20 pts												
	Lvl 4: 18 min or less	+ 30 pts												
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts												
	Lvl 2: 12 min or less (15mph)	+ 10 pts												
	Lvl 3: 10 min or less (18mph)	+ 15 pts												
	Lvl 4: 8 min or less (20mph)	+ 20 pts												
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts												
	Lvl 2: 40 min or less (15mph)	+ 10 pts												
	Lvl 3: 33 min or less (18mph)	+ 20 pts												
	Lvl 4: 30 min or less (20mph)	+ 30 pts												
FLEXIBILITY CHALLENGE														
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts												
BODY CHANGE														
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE														
Quit Smoking		150 pts												
Improve Risk Indicator (Chol / BP / Gluc)		150 pts												
Complete a Sporting Event / Misc Points		see chart												

Total Accumulated Weekly Points

210	40	40	40	40	45	40	50	35	35	30	35
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TOTAL POINTS

640

13		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.5	0.5	0.5	0.5	0.5	(0.5)	0.5	0.5	0.5	0.5	0.5	0.5
Weight Change		0.5	0.5	0.5	0.5	0.5	(0.5)	0.5	0.5	0.5	0.5	0.5	0.5
Weight Change %		0.3%	0.3%	0.3%	0.3%	0.3%	-0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%
BF% Change		0.0%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%
Weekly Required Miles		6	9	8	9	10	11	12	14	16	18	19	20
Miles Completed		26.00	22.00	21.00	19.00	21.00	19.00	22.00	0.00	28.00	18.00	19.00	0.00
Extra Miles Completed		20	13	13	10	11	8	10	(14)	12	0	0	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	5	5	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	10	10	10	10	10	0	10	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	15	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5		5	5	5	
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

14		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.5	1.5	0.0	1.0	3.0	3.0	0.5	0.5	0.5	0.5	(0.5)	(0.5)
Weight Change		0.3%	0.8%	0.0%	0.5%	1.5%	1.5%	0.3%	0.3%	0.3%	0.3%	-0.3%	-0.3%
Weight Change %		0.0%	1.2%	2.7%	1.7%	0.3%	0.3%	0.2%	0.2%	0.2%	0.2%	0.2%	0.2%
BF% Change		6	7	8	9	10	11	12	14	16	18	19	20
Weekly Required Miles		6.00	7.00	8.00	9.00	10.00	0.00	12.00	21.00	0.00	0.00	21.00	0.00
Miles Completed		0	0	0	0	0	(11)	0	7	(16)	(18)	2	(20)
Extra Miles Completed		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Miss a Weekly Weigh-In		5 / wk	5	5	5	5	0	5	0	0	0	5	0
Complete the Weekly Miles		10 / wk	0	0	0	0	0	0	10	0	0	0	0
Complete the Weekly Miles + 5 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		10	10										
Learn the SPEEDLINE workout (1 time credit)		5 / wk	5	5	5	5		5	5			5	
Complete 2 Strength Training Sessions													
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts												
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	15											
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts												
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	5											
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts												
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts	20											
CARDIOVASCULAR CHALLENGES														
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts												
	Lvl 2: 12 min or less (5mph)	+ 10 pts												
	Lvl 3: 10 min or less (6mph)	+ 15 pts												
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts												
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts												
	Lvl 2: 37 min or less (5mph)	+ 10 pts												
	Lvl 3: 31 min or less (6mph)	+ 20 pts												
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts												
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts												
	Lvl 2: 5 min or less	+ 10 pts												
	Lvl 3: 4 min or less	+ 15 pts												
	Lvl 4: 3:30 min or less	+ 20 pts												
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts												
	Lvl 2: 25 min or less	+ 10 pts												
	Lvl 3: 21 min or less	+ 20 pts												
	Lvl 4: 18 min or less	+ 30 pts												
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts												
	Lvl 2: 12 min or less (15mph)	+ 10 pts												
	Lvl 3: 10 min or less (18mph)	+ 15 pts												
	Lvl 4: 8 min or less (20mph)	+ 20 pts												
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts												
	Lvl 2: 40 min or less (15mph)	+ 10 pts												
	Lvl 3: 33 min or less (18mph)	+ 20 pts												
	Lvl 4: 30 min or less (20mph)	+ 30 pts												
FLEXIBILITY CHALLENGE														
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts												
BODY CHANGE														
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE														
Quit Smoking		150 pts												
Improve Risk Indicator (Chol / BP / Gluc)		150 pts												
Complete a Sporting Event / Misc Points		see chart												

Total Accumulated Weekly Points

185	35	35	35	35	0	35	40	0	0	35	0
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TOTAL POINTS

435

15		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		5.5	5.5	4.5	3.0	3.0	5.5	8.0	8.0	11.0	11.0	8.0	11.0
Weight Change		5.5	5.5	4.5	3.0	3.0	5.5	8.0	8.0	11.0	11.0	8.0	11.0
Weight Change %		2.3%	2.3%	1.9%	1.3%	1.3%	2.3%	3.4%	3.4%	4.6%	4.6%	3.4%	4.6%
BF% Change		2.1%	-1.3%	3.8%	3.1%	3.2%	3.6%	2.4%	2.4%	-1.0%	0.4%	0.0%	2.8%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	39.00	33.00	35.00	10.00	39.00	32.00	56.00	21.00	34.00	27.00	25.00
Extra Miles Completed		0	32	25	26	0	28	20	42	5	16	8	5
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	0	0	0	5	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	10	0	10	10
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	15	0	0	15	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	20	20	20	0	20	0	20	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	15												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts													
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	5												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts													
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts													
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts	40												
CARDIOVASCULAR CHALLENGES															
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts													
	Lvl 2: 12 min or less (5mph)	+ 10 pts	50												
	Lvl 3: 10 min or less (6mph)	+ 15 pts													
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts													
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts													
	Lvl 2: 37 min or less (5mph)	+ 10 pts	75												
	Lvl 3: 31 min or less (6mph)	+ 20 pts													
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts													
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts													
	Lvl 2: 5 min or less	+ 10 pts	50												
	Lvl 3: 4 min or less	+ 15 pts													
	Lvl 4: 3:30 min or less	+ 20 pts													
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts													
	Lvl 2: 25 min or less	+ 10 pts	50												
	Lvl 3: 21 min or less	+ 20 pts													
	Lvl 4: 18 min or less	+ 30 pts													
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts													
	Lvl 2: 12 min or less (15mph)	+ 10 pts	50												
	Lvl 3: 10 min or less (18mph)	+ 15 pts													
	Lvl 4: 8 min or less (20mph)	+ 20 pts													
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts													
	Lvl 2: 40 min or less (15mph)	+ 10 pts	50												
	Lvl 3: 33 min or less (18mph)	+ 20 pts													
	Lvl 4: 30 min or less (20mph)	+ 30 pts													
FLEXIBILITY CHALLENGE															
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts													
BODY CHANGE															
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE															
Quit Smoking		150 pts													
Improve Risk Indicator (Chol / BP / Gluc)		150 pts													
Complete a Sporting Event / Misc Points		see chart													

Total Accumulated Weekly Points

360	50	50	50	0	50	45	50	40	45	40	40	40
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TOTAL POINTS

820

16		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.0	(3.0)	(0.6)	(1.0)	0.2	0.2	2.0	1.0	3.0	3.0	3.0	3.0
Weight Change %		0.0%	-2.2%	-0.4%	-0.7%	0.1%	0.1%	1.5%	0.7%	2.2%	2.2%	2.2%	2.2%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	2.00	3.00	1.00	3.00	0.00	3.00	4.00	3.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(5)	(5)	(8)	(7)	(11)	(9)	(10)	(13)	(18)	(19)	(20)
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10												
Complete 2 Strength Training Sessions	5 / wk			5	5	5		5		5			
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

17		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		3.0	7.0	5.0	7.5	7.5	7.0	8.0	9.0	6.0	9.0	9.0	9.0
Weight Change		3.0	7.0	5.0	7.5	7.5	7.0	8.0	9.0	6.0	9.0	9.0	9.0
Weight Change %		1.9%	4.5%	3.2%	4.9%	4.9%	4.5%	5.2%	5.8%	3.9%	5.8%	5.8%	5.8%
BF% Change		0.3%	0.9%	2.2%	1.0%	1.4%	1.9%	1.4%	1.8%	2.2%	1.7%	1.7%	2.4%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		11.00	7.00	8.00	9.00	10.00	20.00	22.00	14.00	16.00	18.00	0.00	20.00
Extra Miles Completed		5	0	0	0	0	9	10	0	0	0	(19)	0
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	5	5	5	5	0	0	5	5	5	5
Complete the Weekly Miles + 5 extra miles		10 / wk	10	0	0	0	0	10	10	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts																		
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts																		
CARDIOVASCULAR CHALLENGES																				
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts																		
	Lvl 2: 12 min or less (5mph)	+ 10 pts																		
	Lvl 3: 10 min or less (6mph)	+ 15 pts																		
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts																		
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts																		
	Lvl 2: 37 min or less (5mph)	+ 10 pts																		
	Lvl 3: 31 min or less (6mph)	+ 20 pts																		
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts																		
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts																		
	Lvl 2: 5 min or less	+ 10 pts																		
	Lvl 3: 4 min or less	+ 15 pts																		
	Lvl 4: 3:30 min or less	+ 20 pts																		
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts																		
	Lvl 2: 25 min or less	+ 10 pts																		
	Lvl 3: 21 min or less	+ 20 pts																		
	Lvl 4: 18 min or less	+ 30 pts																		
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts																		
	Lvl 2: 12 min or less (15mph)	+ 10 pts																		
	Lvl 3: 10 min or less (18mph)	+ 15 pts																		
	Lvl 4: 8 min or less (20mph)	+ 20 pts																		
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts																		
	Lvl 2: 40 min or less (15mph)	+ 10 pts																		
	Lvl 3: 33 min or less (18mph)	+ 20 pts																		
	Lvl 4: 30 min or less (20mph)	+ 30 pts																		
FLEXIBILITY CHALLENGE																				
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts																		
BODY CHANGE																				
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE																				
Quit Smoking		150 pts																		
Improve Risk Indicator (Chol / BP / Gluc)		150 pts																		
Complete a Sporting Event / Misc Points		see chart																		

Total Accumulated Weekly Points

50	35	35	35	35	40	40	35	35	35	0	35
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TOTAL POINTS

410

18		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		1.0	3.0	3.0	2.0	3.5	4.5	2.5	1.5	1.5	0.0	2.0	2.5
Weight Change %		0.7%	2.2%	2.2%	1.5%	2.6%	3.4%	1.9%	1.1%	1.1%	0.0%	1.5%	1.9%
BF% Change		0.8%	-0.6%	0.9%	0.1%	0.2%	1.6%	0.2%	2.3%	2.3%	0.2%	1.4%	1.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	7.00	8.00	9.00	10.00	11.00	12.00	14.00	10.00	18.00	19.00	20.00
Extra Miles Completed		0	0	0	0	0	0	0	0	(6)	0	0	0
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	5	5	5	5	5	5	0	5	5	5
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

19		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		1.5	2.5	3.5	3.5	2.5	2.0	2.0	1.5	1.5	3.0	2.0	2.0
Weight Change %		0.9%	1.5%	2.1%	2.1%	1.5%	1.2%	1.2%	0.9%	0.9%	1.8%	1.2%	1.2%
BF% Change		0.5%	0.8%	0.8%	0.8%	0.6%	0.2%	0.2%	0.2%	2.5%	2.5%	2.5%	2.5%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	9.00	8.00	14.00	5.00	11.00	13.00	10.00	5.00	5.00	3.00	0.00
Extra Miles Completed		0	2	0	5	(5)	0	1	(4)	(11)	(13)	(16)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	5	5	0	0	5	5	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	10	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5		5		
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

50

15

60

50

100

LEG EXTENSION 1 Break / 2 Breaks	Lvl 1: 15 reps @ 25% TBW	5 pts												
	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
SEATED LEG PRESS 1 Break / 2 Breaks	Lvl 1: 15 reps @ 25% TBW	5 pts												
	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
ISOMETRIC WALL SQUAT Non-Stop / Max 5 minutes	1 set: 1 minute	20 pts	100											
	Additional sets: +1 minute	+ 20 pts												
CARDIOVASCULAR CHALLENGES														
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts												
	Lvl 2: 12 min or less (5mph)	+ 10 pts												
	Lvl 3: 10 min or less (6mph)	+ 15 pts												
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts												
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts												
	Lvl 2: 37 min or less (5mph)	+ 10 pts												
	Lvl 3: 31 min or less (6mph)	+ 20 pts												
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts												
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts												
	Lvl 2: 5 min or less	+ 10 pts												
	Lvl 3: 4 min or less	+ 15 pts												
	Lvl 4: 3:30 min or less	+ 20 pts												
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts												
	Lvl 2: 25 min or less	+ 10 pts												
	Lvl 3: 21 min or less	+ 20 pts												
	Lvl 4: 18 min or less	+ 30 pts												
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts												
	Lvl 2: 12 min or less (15mph)	+ 10 pts												
	Lvl 3: 10 min or less (18mph)	+ 15 pts												
	Lvl 4: 8 min or less (20mph)	+ 20 pts												
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts												
	Lvl 2: 40 min or less (15mph)	+ 10 pts												
	Lvl 3: 33 min or less (18mph)	+ 20 pts												
	Lvl 4: 30 min or less (20mph)	+ 30 pts												
FLEXIBILITY CHALLENGE														
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts												
BODY CHANGE														
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE														
Quit Smoking		150 pts												
Improve Risk Indicator (Chol / BP / Gluc)		150 pts												
Complete a Sporting Event / Misc Points		see chart	30											

Total Accumulated Weekly Points

420	35	35	40	60	35	35	30	25	30	25	0
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TOTAL POINTS

770

20		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		(5.0)	(5.0)	(6.0)	(6.0)	(7.0)	(7.0)	(9.0)	(6.0)	(6.5)	(5.0)	(5.5)	(2.5)
Weight Change		(5.0)	(5.0)	(6.0)	(6.0)	(7.0)	(7.0)	(9.0)	(6.0)	(6.5)	(5.0)	(5.5)	(2.5)
Weight Change %		-4.5%	-4.5%	-5.5%	-5.5%	-6.4%	-6.4%	-8.2%	-5.5%	-5.9%	-4.5%	-5.0%	-2.3%
BF% Change		0.0%	0.0%	1.5%	1.5%	1.5%	1.5%	1.5%	1.5%	1.5%	1.5%	1.5%	-0.6%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		11.00	19.00	13.00	15.00	15.00	15.00	12.00	10.00	15.00	18.00	16.00	15.00
Extra Miles Completed		5	12	5	6	5	4	0	(4)	(1)	0	(3)	(5)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	5	5	0	0	5	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	10	10	10	10	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5		5	5	5	5
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

LEG EXTENSION 1 Break / 2 Breaks	Lvl 1: 15 reps @ 25% TBW	5 pts																		
	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
SEATED LEG PRESS 1 Break / 2 Breaks	Lvl 1: 15 reps @ 25% TBW	5 pts																		
	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
ISOMETRIC WALL SQUAT Non-Stop / Max 5 minutes	1 set: 1 minute	20 pts																		
	Additional sets: +1 minute	+ 20 pts																		
CARDIOVASCULAR CHALLENGES																				
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts																		
	Lvl 2: 12 min or less (5mph)	+ 10 pts																		
	Lvl 3: 10 min or less (6mph)	+ 15 pts																		
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts																		
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts																		
	Lvl 2: 37 min or less (5mph)	+ 10 pts																		
	Lvl 3: 31 min or less (6mph)	+ 20 pts																		
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts																		
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts																		
	Lvl 2: 5 min or less	+ 10 pts																		
	Lvl 3: 4 min or less	+ 15 pts																		
	Lvl 4: 3:30 min or less	+ 20 pts																		
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts																		
	Lvl 2: 25 min or less	+ 10 pts																		
	Lvl 3: 21 min or less	+ 20 pts																		
	Lvl 4: 18 min or less	+ 30 pts																		
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts																		
	Lvl 2: 12 min or less (15mph)	+ 10 pts																		
	Lvl 3: 10 min or less (18mph)	+ 15 pts																		
	Lvl 4: 8 min or less (20mph)	+ 20 pts																		
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts																		
	Lvl 2: 40 min or less (15mph)	+ 10 pts																		
	Lvl 3: 33 min or less (18mph)	+ 20 pts																		
	Lvl 4: 30 min or less (20mph)	+ 30 pts																		
FLEXIBILITY CHALLENGE																				
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts																		
BODY CHANGE																				
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE																				
Quit Smoking		150 pts																		
Improve Risk Indicator (Chol / BP / Gluc)		150 pts																		
Complete a Sporting Event / Misc Points		see chart																		

Total Accumulated Weekly Points

50	40	40	40	40	35	35	25	30	35	30	30
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TOTAL POINTS

430

22		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		(1.0)	3.0	4.0	3.0	4.5	7.0	6.5	7.5	8.0	10.5	13.0	16.5
Weight Change		(1.0)	3.0	4.0	3.0	4.5	7.0	6.5	7.5	8.0	10.5	13.0	16.5
Weight Change %		-0.6%	1.7%	2.3%	1.7%	2.6%	4.0%	3.7%	4.3%	4.6%	6.0%	7.4%	9.5%
BF% Change		0.2%	-0.4%	0.4%	1.4%	2.5%	1.3%	2.9%	3.1%	3.7%	4.1%	4.3%	4.5%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		11.00	12.00	8.00	9.00	10.00	11.00	17.00	14.00	16.00	18.00	19.00	20.00
Extra Miles Completed		5	5	0	0	0	0	5	0	0	0	0	0
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	5	5	5	5	0	5	5	5	5
Complete the Weekly Miles + 5 extra miles		10 / wk	10	10	0	0	0	0	10	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

23			Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by			2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change			0.0	0.0	0.0	(0.5)	(0.5)	(0.5)	1.5	1.5	2.0	0.0	3.0	2.0
Weight Change %			0.0%	0.0%	0.0%	-0.3%	-0.3%	-0.3%	1.0%	1.0%	1.3%	0.0%	1.9%	1.3%
BF% Change			0.0%	0.0%	0.0%	0.7%	0.7%	0.7%	-0.2%	-0.2%	0.8%	0.8%	-0.2%	0.4%
Weekly Required Miles			6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed			6.00	7.00	8.00	9.00	10.00	11.00	12.00	14.00	16.00	18.00	19.00	20.00
Extra Miles Completed			0	0	0	0	0	0	0	0	0	0	0	0
Weekly Weigh-In	25 / wk		25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk		0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk		5	5	5	5	5	5	5	5	5	5	5	5
Complete the Weekly Miles + 5 extra miles	10 / wk		0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk		0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk		0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10	10												
Complete 2 Strength Training Sessions	5 / wk		5	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level			Points									
PUSH UPS	Lvl 1: 15 reps		5 pts											
Modified or Regular	Lvl 2: 25 reps		+ 10 pts											
Non-stop	Lvl 3: 50 reps		+ 15 pts											
	Lvl 4: 75 reps		+ 20 pts		15									
BENCH DIPS	1 Set: 15 reps		10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps		+ 10 pts		20									
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW		5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts		30									
	Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW		5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts		5									
	Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW		5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts		30									
	Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW		5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts		30									
	Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts											
CRUNCHES	Lvl 1: 25 reps		5 pts											
Non-stop	Lvl 2: 50 reps		+ 10 pts											
	Lvl 3: 75 reps		+ 15 pts		30									
	Lvl 4: 100 reps		+ 20 pts											
PLANK	1 set: 1 minute		20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute		+ 20 pts		100									
LEG RAISES	Lvl 1: 25 reps		5 pts											
Non-stop	Lvl 2: 50 reps		+ 10 pts											
	Lvl 3: 75 reps		+ 15 pts											
	Lvl 4: 100 reps		+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute		20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute		+ 20 pts		20									
LUNGES	Lvl 1: 15 reps		5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts		15									
	Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts											
SQUATS	Lvl 1: 15 reps		5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts		15									
	Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts											

		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		(1.0)	0.0	(1.5)	(2.0)	(2.0)	(1.5)	(1.0)	(1.0)	(1.5)	(2.5)	(2.0)	(2.5)
Weight Change		(1.0)	0.0	(1.5)	(2.0)	(2.0)	(1.5)	(1.0)	(1.0)	(1.5)	(2.5)	(2.0)	(2.5)
Weight Change %		-0.8%	0.0%	-1.2%	-1.6%	-1.6%	-1.2%	-0.8%	-0.8%	-1.2%	-1.9%	-1.6%	-1.9%
BF% Change		1.1%	1.1%	4.0%	3.4%	3.4%	2.0%	1.9%	1.9%	2.4%	1.5%	1.9%	1.7%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		11.00	12.00	13.00	9.00	0.00	11.00	13.00	14.00	16.00	5.00	15.00	15.00
Extra Miles Completed		5	5	5	0	(10)	0	1	0	0	(13)	(4)	(5)
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	0	0	0	5	0	5	5	5	5	0	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	10	10	10	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10	10											
Complete 2 Strength Training Sessions	5 / wk	5	5	5	5	5	5	5	5	5		5	
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts																		
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts																		
CARDIOVASCULAR CHALLENGES																				
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts																		
	Lvl 2: 12 min or less (5mph)	+ 10 pts																		
	Lvl 3: 10 min or less (6mph)	+ 15 pts																		
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts																		
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts																		
	Lvl 2: 37 min or less (5mph)	+ 10 pts																		
	Lvl 3: 31 min or less (6mph)	+ 20 pts																		
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts																		
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts																		
	Lvl 2: 5 min or less	+ 10 pts																		
	Lvl 3: 4 min or less	+ 15 pts																		
	Lvl 4: 3:30 min or less	+ 20 pts																		
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts																		
	Lvl 2: 25 min or less	+ 10 pts																		
	Lvl 3: 21 min or less	+ 20 pts																		
	Lvl 4: 18 min or less	+ 30 pts																		
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts																		
	Lvl 2: 12 min or less (15mph)	+ 10 pts																		
	Lvl 3: 10 min or less (18mph)	+ 15 pts																		
	Lvl 4: 8 min or less (20mph)	+ 20 pts																		
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts																		
	Lvl 2: 40 min or less (15mph)	+ 10 pts																		
	Lvl 3: 33 min or less (18mph)	+ 20 pts																		
	Lvl 4: 30 min or less (20mph)	+ 30 pts																		
FLEXIBILITY CHALLENGE																				
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts																		
BODY CHANGE																				
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE																				
Quit Smoking		150 pts																		
Improve Risk Indicator (Chol / BP / Gluc)		150 pts																		
Complete a Sporting Event / Misc Points		see chart																		

Total Accumulated Weekly Points

50	40	40	35	30	35	35	35	35	35	0	30	0
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TOTAL POINTS

365

25		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		8.0	11.0	13.0	12.5	16.0	18.0	19.5	19.5	23.0	23.0	23.0	26.0
Weight Change		8.0	11.0	13.0	12.5	16.0	18.0	19.5	19.5	23.0	23.0	23.0	26.0
Weight Change %		4.3%	5.9%	6.9%	6.6%	8.5%	9.6%	10.4%	10.4%	12.2%	12.2%	12.2%	13.8%
BF% Change		2.0%	1.3%	1.5%	2.8%	3.9%	3.5%	4.8%	4.8%	4.6%	3.6%	3.6%	7.1%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		11.00	12.00	15.00	21.00	25.00	26.00	27.00	29.00	27.00	36.00	28.00	32.00
Extra Miles Completed		5	5	7	12	15	15	15	15	11	18	9	12
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	10	10	10	10	0	0	0	10	0	10	10
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	15	15	15	15	0	15	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts												
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts												
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts												
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts												
CARDIOVASCULAR CHALLENGES														
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts												
	Lvl 2: 12 min or less (5mph)	+ 10 pts												
	Lvl 3: 10 min or less (6mph)	+ 15 pts												
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts												
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts												
	Lvl 2: 37 min or less (5mph)	+ 10 pts												
	Lvl 3: 31 min or less (6mph)	+ 20 pts												
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts												
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts												
	Lvl 2: 5 min or less	+ 10 pts												
	Lvl 3: 4 min or less	+ 15 pts												
	Lvl 4: 3:30 min or less	+ 20 pts												
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts												
	Lvl 2: 25 min or less	+ 10 pts												
	Lvl 3: 21 min or less	+ 20 pts												
	Lvl 4: 18 min or less	+ 30 pts												
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts												
	Lvl 2: 12 min or less (15mph)	+ 10 pts												
	Lvl 3: 10 min or less (18mph)	+ 15 pts												
	Lvl 4: 8 min or less (20mph)	+ 20 pts												
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts												
	Lvl 2: 40 min or less (15mph)	+ 10 pts												
	Lvl 3: 33 min or less (18mph)	+ 20 pts												
	Lvl 4: 30 min or less (20mph)	+ 30 pts												
FLEXIBILITY CHALLENGE														
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts												
BODY CHANGE														
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	300	300	300	300	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	400	400	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	500	500	500	500
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	500
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE														
Quit Smoking		150 pts												
Improve Risk Indicator (Chol / BP / Gluc)		150 pts												
Complete a Sporting Event / Misc Points		see chart												

Total Accumulated Weekly Points

555	40	40	40	45	45	45	45	540	45	40	40
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TOTAL POINTS

1520

26		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.5	0.5	1.0	1.0	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)
Weight Change		0.5	0.5	1.0	1.0	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)
Weight Change %		0.3%	0.3%	0.5%	0.5%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%
BF% Change		0.6%	0.6%	0.5%	0.5%	0.5%	0.5%	0.5%	0.5%	0.5%	0.5%	0.5%	0.5%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	10.00	8.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		0	3	0	(9)	0	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	5	5	5	5	5	5	5	5	5	5
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10	10	10	10	10	10	10	10	10	10	10
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		1.5	1.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Weight Change		1.5	1.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Weight Change %		0.8%	0.8%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%
BF% Change		0.3%	-0.4%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		21.00	24.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		15	17	6	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	10	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	15	15	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5								
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

28		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		(1.5)	(2.0)	(0.5)	(0.5)	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0
Weight Change		(1.5)	(2.0)	(0.5)	(0.5)	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0
Weight Change %		-0.8%	-1.1%	-0.3%	-0.3%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%
BF% Change		-1.5%	-0.3%	0.0%	0.0%	-0.4%	-0.4%	-0.4%	-0.4%	-0.4%	-0.4%	-0.4%	-0.4%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		11.00	12.00	8.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		5	5	0	(9)	0	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	5	0	5	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	10	10	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5							
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts																		
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts																		
CARDIOVASCULAR CHALLENGES																				
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts																		
	Lvl 2: 12 min or less (5mph)	+ 10 pts																		
	Lvl 3: 10 min or less (6mph)	+ 15 pts																		
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts																		
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts																		
	Lvl 2: 37 min or less (5mph)	+ 10 pts																		
	Lvl 3: 31 min or less (6mph)	+ 20 pts																		
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts																		
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts																		
	Lvl 2: 5 min or less	+ 10 pts																		
	Lvl 3: 4 min or less	+ 15 pts																		
	Lvl 4: 3:30 min or less	+ 20 pts																		
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts																		
	Lvl 2: 25 min or less	+ 10 pts																		
	Lvl 3: 21 min or less	+ 20 pts																		
	Lvl 4: 18 min or less	+ 30 pts																		
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts																		
	Lvl 2: 12 min or less (15mph)	+ 10 pts																		
	Lvl 3: 10 min or less (18mph)	+ 15 pts																		
	Lvl 4: 8 min or less (20mph)	+ 20 pts																		
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts																		
	Lvl 2: 40 min or less (15mph)	+ 10 pts																		
	Lvl 3: 33 min or less (18mph)	+ 20 pts																		
	Lvl 4: 30 min or less (20mph)	+ 30 pts																		
FLEXIBILITY CHALLENGE																				
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts																		
BODY CHANGE																				
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE																				
Quit Smoking		150 pts																		
Improve Risk Indicator (Chol / BP / Gluc)		150 pts																		
Complete a Sporting Event / Misc Points		see chart																		

Total Accumulated Weekly Points

50	40	35	0	35	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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TOTAL POINTS

160

29		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5
Weight Change		1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5
Weight Change %		1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%
BF% Change		0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		0	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

30		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		1.5	0.5	3.0	3.0	(4.5)	(4.5)	(4.5)	(4.5)	(4.5)	(4.5)	(4.5)	(4.5)
Weight Change %		0.5%	0.2%	0.9%	0.9%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%
BF% Change		-5.0%	1.6%	-2.0%	-2.0%	-2.0%	-2.0%	-2.0%	-2.0%	-2.0%	-2.0%	-2.0%	-2.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		12.00	12.00	8.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		6	5	0	(9)	0	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	0	0	5	0	5	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	10	10	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10	10											
Complete 2 Strength Training Sessions	5 / wk	5	5	5		5							
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

			Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
			2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by			4.0	4.5	5.5	4.5	6.0	6.0	6.0	10.5	10.5	11.2	13.0	14.5
Weight Change			4.0	4.5	5.5	4.5	6.0	6.0	6.0	10.5	10.5	11.2	13.0	14.5
Weight Change %			2.4%	2.6%	3.2%	2.6%	3.5%	3.5%	3.5%	6.2%	6.2%	6.6%	7.6%	8.5%
BF% Change			-1.3%	1.4%	0.9%	1.8%	2.9%	2.9%	0.9%	0.9%	0.9%	1.9%	4.7%	5.1%
Weekly Required Miles			6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed			21.00	22.00	23.00	24.00	25.00	24.00	27.00	26.00	21.00	33.00	24.00	15.00
Extra Miles Completed			15	15	15	15	15	13	15	12	5	15	5	(5)
Weekly Weigh-In			25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In			-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles			5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles			10 / wk	0	0	0	0	10	0	10	10	0	10	0
Complete the Weekly Miles + 15 extra miles			15 / wk	15	15	15	15	15	0	15	0	15	0	0
Complete the Weekly Miles + 25 extra miles			20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)			10	10										
Complete 2 Strength Training Sessions			5 / wk		5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES			Level		Points									
PUSH UPS			Lvl 1: 15 reps		5 pts									
Modified or Regular			Lvl 2: 25 reps		+ 10 pts									
Non-stop			Lvl 3: 50 reps		+ 15 pts									
			Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS			1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break			Additional sets: +15 reps		+ 10 pts									
CHEST PRESS			Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks			Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
			Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
			Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS			Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break			Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
			Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
			Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN			Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks			Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
			Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
			Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS			Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks			Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
			Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
			Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES			Lvl 1: 25 reps		5 pts									
Non-stop			Lvl 2: 50 reps		+ 10 pts									
			Lvl 3: 75 reps		+ 15 pts									
			Lvl 4: 100 reps		+ 20 pts									
PLANK			1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes			Additional sets: +1 minute		+ 20 pts									
LEG RAISES			Lvl 1: 25 reps		5 pts									
Non-stop			Lvl 2: 50 reps		+ 10 pts									
			Lvl 3: 75 reps		+ 15 pts									
			Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD			1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes			Additional sets: +1 minute		+ 20 pts									
LUNGES			Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks			Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
			Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
			Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS			Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks			Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
			Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
			Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

		weigh-in by											
		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		6.5	10.0	8.0	9.0	9.0	12.5	13.5	13.5	14.5	14.0	14.0	15.5
Weight Change %		3.1%	4.8%	3.9%	4.4%	4.4%	6.1%	6.5%	6.5%	7.0%	6.8%	6.8%	7.5%
BF% Change		-0.5%	1.1%	1.8%	3.1%	3.1%	1.8%	2.9%	3.4%	4.3%	3.7%	3.7%	3.7%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	7.00	8.00	9.00	0.00	11.00	17.00	14.00	16.00	23.00	0.00	20.00
Extra Miles Completed		0	0	0	0	(10)	0	5	0	0	5	(19)	0
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	5	5	5	5	0	5	0	5	5	0	0	5
Complete the Weekly Miles + 5 extra miles	10 / wk	0	0	0	0	0	0	10	0	0	10	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10												
Complete 2 Strength Training Sessions	5 / wk	5	5	5	5		5	5	5	5	5		5
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

5

80

40

15

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	15												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts													
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	15												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts													
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts													
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts	40												
CARDIOVASCULAR CHALLENGES															
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts													
	Lvl 2: 12 min or less (5mph)	+ 10 pts	50												
	Lvl 3: 10 min or less (6mph)	+ 15 pts													
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts													
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts													
	Lvl 2: 37 min or less (5mph)	+ 10 pts													
	Lvl 3: 31 min or less (6mph)	+ 20 pts													
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts													
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts													
	Lvl 2: 5 min or less	+ 10 pts													
	Lvl 3: 4 min or less	+ 15 pts													
	Lvl 4: 3:30 min or less	+ 20 pts													
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts													
	Lvl 2: 25 min or less	+ 10 pts													
	Lvl 3: 21 min or less	+ 20 pts													
	Lvl 4: 18 min or less	+ 30 pts													
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts													
	Lvl 2: 12 min or less (15mph)	+ 10 pts													
	Lvl 3: 10 min or less (18mph)	+ 15 pts													
	Lvl 4: 8 min or less (20mph)	+ 20 pts													
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts													
	Lvl 2: 40 min or less (15mph)	+ 10 pts													
	Lvl 3: 33 min or less (18mph)	+ 20 pts													
	Lvl 4: 30 min or less (20mph)	+ 30 pts													
FLEXIBILITY CHALLENGE															
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts													
BODY CHANGE															
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	300	300	300	300	300	300	300
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE															
Quit Smoking		150 pts													
Improve Risk Indicator (Chol / BP / Gluc)		150 pts													
Complete a Sporting Event / Misc Points		see chart													

Total Accumulated Weekly Points

295	35	35	35	0	335	40	35	35	40	0	35
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TOTAL POINTS

920

35		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		2.0	2.0	3.5	4.5	4.5	4.5	7.5	7.5	7.5	7.5	7.5	7.5
Weight Change		2.0	2.0	3.5	4.5	4.5	4.5	7.5	7.5	7.5	7.5	7.5	7.5
Weight Change %		0.8%	0.8%	1.4%	1.8%	1.8%	1.8%	3.0%	3.0%	3.0%	3.0%	3.0%	3.0%
BF% Change		-2.5%	-2.5%	-3.6%	-2.3%	-2.3%	-2.3%	-3.9%	-3.9%	-3.9%	-3.9%	-3.9%	-3.9%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	0.00	8.00	9.00	0.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		0	(7)	0	0	(10)	(11)	0	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	0	5	5	0	0	5	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk	5	5	5			5					
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

		weigh-in by											
		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level	Points										
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	2.5	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)
Weight Change		(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	2.5	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)
Weight Change %		-1.6%	-1.6%	-1.6%	-1.6%	-1.6%	-1.6%	1.6%	-1.6%	-1.6%	-1.6%	-1.6%	-1.6%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	1.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	7.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		0	0	(8)	(9)	(10)	(11)	0	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	5	0	0	0	0	5	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5				5					
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	(4.5)	(4.5)	(4.5)	(4.5)	(4.5)	(4.5)	(3.5)	(5.0)	(5.0)	(5.0)	(5.0)
Weight Change		0.0%	-1.5%	-1.5%	-1.5%	-1.5%	-1.5%	-1.5%	-1.2%	-1.7%	-1.7%	-1.7%	-1.7%
Weight Change %		0.0%	-0.2%	-4.4%	-3.1%	-3.1%	0.7%	0.7%	1.5%	4.1%	4.1%	4.1%	4.1%
BF% Change		6	7	8	9	10	11	12	14	16	18	19	20
Weekly Required Miles		0.00	7.00	8.00	9.00	10.00	11.00	0.00	14.00	10.00	0.00	0.00	0.00
Miles Completed		(6)	0	0	0	0	0	(12)	0	(6)	(18)	(19)	(20)
Extra Miles Completed		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Miss a Weekly Weigh-In		5 / wk	0	5	5	5	5	0	5	0	0	0	0
Complete the Weekly Miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		10											
Learn the SPEEDLINE workout (1 time credit)		5 / wk	5	5	5	5	5		5	5			
Complete 2 Strength Training Sessions													
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts																		
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts																		
CARDIOVASCULAR CHALLENGES																				
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts																		
	Lvl 2: 12 min or less (5mph)	+ 10 pts																		
	Lvl 3: 10 min or less (6mph)	+ 15 pts																		
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts																		
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts																		
	Lvl 2: 37 min or less (5mph)	+ 10 pts																		
	Lvl 3: 31 min or less (6mph)	+ 20 pts																		
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts																		
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts																		
	Lvl 2: 5 min or less	+ 10 pts																		
	Lvl 3: 4 min or less	+ 15 pts																		
	Lvl 4: 3:30 min or less	+ 20 pts																		
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts																		
	Lvl 2: 25 min or less	+ 10 pts																		
	Lvl 3: 21 min or less	+ 20 pts																		
	Lvl 4: 18 min or less	+ 30 pts																		
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts																		
	Lvl 2: 12 min or less (15mph)	+ 10 pts																		
	Lvl 3: 10 min or less (18mph)	+ 15 pts																		
	Lvl 4: 8 min or less (20mph)	+ 20 pts																		
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts																		
	Lvl 2: 40 min or less (15mph)	+ 10 pts																		
	Lvl 3: 33 min or less (18mph)	+ 20 pts																		
	Lvl 4: 30 min or less (20mph)	+ 30 pts																		
FLEXIBILITY CHALLENGE																				
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts																		
BODY CHANGE																				
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE																				
Quit Smoking		150 pts																		
Improve Risk Indicator (Chol / BP / Gluc)		150 pts																		
Complete a Sporting Event / Misc Points		see chart																		
Total Accumulated Weekly Points			0	35	35	35	35	35	35	0	35	30	0	0	0	0	0	0	0	0
TOTAL POINTS																				240

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by	2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change	2.0	4.5	1.5	3.5	5.5	5.5	6.5	6.5	0.5	2.5	2.5	2.5
Weight Change %	1.1%	2.5%	0.8%	2.0%	3.1%	3.1%	3.6%	3.6%	0.3%	1.4%	1.4%	1.4%
BF% Change	0.7%	0.7%	0.2%	0.2%	0.2%	0.2%	0.2%	0.2%	2.8%	2.8%	2.8%	2.8%
Weekly Required Miles	6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed	6.00	7.00	8.00	9.00	10.00	0.00	12.00	14.00	0.00	18.00	0.00	0.00
Extra Miles Completed	0	0	0	0	0	(11)	0	0	(16)	0	(19)	(20)
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	5	5	5	5	0	5	5	0	5	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10	10										
Complete 2 Strength Training Sessions	5 / wk		5	5		5		5		5		

STRENGTH CHALLENGES	Level	Points	
PUSH UPS	Lvl 1: 15 reps	5 pts	
Modified or Regular	Lvl 2: 25 reps	+ 10 pts	
Non-stop	Lvl 3: 50 reps	+ 15 pts	
	Lvl 4: 75 reps	+ 20 pts	
BENCH DIPS	1 Set: 15 reps	10 pts	
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts	
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts	
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts	
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts	
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts	
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts	
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts	
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts	
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts	
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts	
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts	
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts	
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts	
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts	
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts	
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts	
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts	
CRUNCHES	Lvl 1: 25 reps	5 pts	
Non-stop	Lvl 2: 50 reps	+ 10 pts	
	Lvl 3: 75 reps	+ 15 pts	
	Lvl 4: 100 reps	+ 20 pts	
PLANK	1 set: 1 minute	20 pts	
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts	
LEG RAISES	Lvl 1: 25 reps	5 pts	
Non-stop	Lvl 2: 50 reps	+ 10 pts	
	Lvl 3: 75 reps	+ 15 pts	
	Lvl 4: 100 reps	+ 20 pts	
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts	
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts	
LUNGES	Lvl 1: 15 reps	5 pts	
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts	
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts	
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts	
SQUATS	Lvl 1: 15 reps	5 pts	
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts	
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts	
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts	

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LEG EXTENSION 1 Break / 2 Breaks	Lvl 1: 15 reps @ 25% TBW	5 pts												
	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
SEATED LEG PRESS 1 Break / 2 Breaks	Lvl 1: 15 reps @ 25% TBW	5 pts												
	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
ISOMETRIC WALL SQUAT Non-Stop / Max 5 minutes	1 set: 1 minute	20 pts	20											
	Additional sets: +1 minute	+ 20 pts												
CARDIOVASCULAR CHALLENGES														
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts												
	Lvl 2: 12 min or less (5mph)	+ 10 pts												
	Lvl 3: 10 min or less (6mph)	+ 15 pts												
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts												
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts												
	Lvl 2: 37 min or less (5mph)	+ 10 pts												
	Lvl 3: 31 min or less (6mph)	+ 20 pts												
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts												
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts												
	Lvl 2: 5 min or less	+ 10 pts												
	Lvl 3: 4 min or less	+ 15 pts												
	Lvl 4: 3:30 min or less	+ 20 pts												
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts												
	Lvl 2: 25 min or less	+ 10 pts												
	Lvl 3: 21 min or less	+ 20 pts												
	Lvl 4: 18 min or less	+ 30 pts												
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts												
	Lvl 2: 12 min or less (15mph)	+ 10 pts												
	Lvl 3: 10 min or less (18mph)	+ 15 pts												
	Lvl 4: 8 min or less (20mph)	+ 20 pts												
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts												
	Lvl 2: 40 min or less (15mph)	+ 10 pts												
	Lvl 3: 33 min or less (18mph)	+ 20 pts												
	Lvl 4: 30 min or less (20mph)	+ 30 pts												
FLEXIBILITY CHALLENGE														
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts												
BODY CHANGE														
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE														
Quit Smoking		150 pts												
Improve Risk Indicator (Chol / BP / Gluc)		150 pts												
Complete a Sporting Event / Misc Points		see chart												

Total Accumulated Weekly Points

65	35	35	30	35	0	30	35	0	35	0	0
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TOTAL POINTS

300

40		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)
Weight Change		(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)	(2.5)
Weight Change %		-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	7.00	8.00	9.00	10.00	26.00	12.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		0	0	0	0	0	15	0	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	5	5	5	0	5	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	15	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5						
STRENGTH CHALLENGES		Level	Points										
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

41		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		3.0	1.5	3.0	2.0	5.0	4.0	5.0	5.5	4.0	5.0	4.0	4.0
Weight Change		3.0	1.5	3.0	2.0	5.0	4.0	5.0	5.5	4.0	5.0	4.0	4.0
Weight Change %		2.1%	1.0%	2.1%	1.4%	3.4%	2.8%	3.4%	3.8%	2.8%	3.4%	2.8%	2.8%
BF% Change		0.5%	-0.4%	0.5%	0.2%	0.7%	1.2%	0.4%	0.5%	0.4%	-0.6%	1.8%	1.8%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	7.00	8.00	9.00	6.00	11.00	12.00	14.00	16.00	18.00	19.00	20.00
Extra Miles Completed		0	0	0	0	(4)	0	0	0	0	0	0	0
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	5	5	5	0	5	5	5	5	5	5
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10		10									
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	30												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts													
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	15												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts													
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts													
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts	60												
CARDIOVASCULAR CHALLENGES															
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts													
	Lvl 2: 12 min or less (5mph)	+ 10 pts	50												
	Lvl 3: 10 min or less (6mph)	+ 15 pts													
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts													
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts													
	Lvl 2: 37 min or less (5mph)	+ 10 pts	25												
	Lvl 3: 31 min or less (6mph)	+ 20 pts													
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts													
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts													
	Lvl 2: 5 min or less	+ 10 pts	15												
	Lvl 3: 4 min or less	+ 15 pts													
	Lvl 4: 3:30 min or less	+ 20 pts													
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts													
	Lvl 2: 25 min or less	+ 10 pts													
	Lvl 3: 21 min or less	+ 20 pts													
	Lvl 4: 18 min or less	+ 30 pts													
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts													
	Lvl 2: 12 min or less (15mph)	+ 10 pts													
	Lvl 3: 10 min or less (18mph)	+ 15 pts													
	Lvl 4: 8 min or less (20mph)	+ 20 pts													
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts													
	Lvl 2: 40 min or less (15mph)	+ 10 pts													
	Lvl 3: 33 min or less (18mph)	+ 20 pts													
	Lvl 4: 30 min or less (20mph)	+ 30 pts													
FLEXIBILITY CHALLENGE															
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts	35												
BODY CHANGE															
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE															
Quit Smoking		150 pts													
Improve Risk Indicator (Chol / BP / Gluc)		150 pts													
Complete a Sporting Event / Misc Points		see chart													

Total Accumulated Weekly Points

610	35	45	35	30	35	35	35	35	35	35	35	35	35
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TOTAL POINTS

1000

42		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

43		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

45		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

46		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.5	(1.0)	(1.0)	(2.0)	(2.0)	(2.0)	(2.0)	(2.0)	(2.0)	(2.0)	(2.0)	(2.0)
Weight Change %		0.2%	-0.5%	-0.5%	-1.0%	-1.0%	-1.0%	-1.0%	-1.0%	-1.0%	-1.0%	-1.0%	-1.0%
BF% Change		0.5%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		11.00	15.00	0.00	8.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		5	8	(8)	(1)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	10	10	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5									
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

47		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	(3.0)	(3.0)	(3.0)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)
Weight Change		0.0	(3.0)	(3.0)	(3.0)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)	(0.5)
Weight Change %		0.0%	-2.2%	-2.2%	-2.2%	-0.4%	-0.4%	-0.4%	-0.4%	-0.4%	-0.4%	-0.4%	-0.4%
BF% Change		0.0%	-1.8%	-1.8%	-1.8%	-1.1%	-1.1%	-1.1%	-1.1%	-1.1%	-1.1%	-1.1%	-1.1%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	7.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	0	(8)	(9)	0	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	0	0	5	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5										
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

48		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		6.0	5.0	5.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5
Weight Change %		3.3%	2.7%	3.0%	2.5%	2.5%	2.5%	2.5%	2.5%	2.5%	2.5%	2.5%	2.5%
BF% Change		-0.6%	1.3%	1.1%	2.0%	2.0%	2.0%	2.0%	2.0%	2.0%	2.0%	2.0%	2.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		7.00	23.00	5.00	15.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		1	16	(3)	6	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	10	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	15	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk		5	5								
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts																		
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts																		
CARDIOVASCULAR CHALLENGES																				
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts																		
	Lvl 2: 12 min or less (5mph)	+ 10 pts																		
	Lvl 3: 10 min or less (6mph)	+ 15 pts																		
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts																		
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts																		
	Lvl 2: 37 min or less (5mph)	+ 10 pts																		
	Lvl 3: 31 min or less (6mph)	+ 20 pts																		
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts																		
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts																		
	Lvl 2: 5 min or less	+ 10 pts																		
	Lvl 3: 4 min or less	+ 15 pts																		
	Lvl 4: 3:30 min or less	+ 20 pts																		
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts																		
	Lvl 2: 25 min or less	+ 10 pts																		
	Lvl 3: 21 min or less	+ 20 pts																		
	Lvl 4: 18 min or less	+ 30 pts																		
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts																		
	Lvl 2: 12 min or less (15mph)	+ 10 pts																		
	Lvl 3: 10 min or less (18mph)	+ 15 pts																		
	Lvl 4: 8 min or less (20mph)	+ 20 pts																		
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts																		
	Lvl 2: 40 min or less (15mph)	+ 10 pts																		
	Lvl 3: 33 min or less (18mph)	+ 20 pts																		
	Lvl 4: 30 min or less (20mph)	+ 30 pts																		
FLEXIBILITY CHALLENGE																				
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts																		
BODY CHANGE																				
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE																				
Quit Smoking		150 pts																		
Improve Risk Indicator (Chol / BP / Gluc)		150 pts																		
Complete a Sporting Event / Misc Points		see chart																		

Total Accumulated Weekly Points

40	45	25	40	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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TOTAL POINTS

150

49		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0
Weight Change		0.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0
Weight Change %		0.3%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%
BF% Change		0.8%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%	-0.1%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		11.00	22.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		5	15	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	10	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	15	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk	5	5									
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

50		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

51		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		(0.5)	0.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0
Weight Change		(0.5)	0.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0
Weight Change %		-0.3%	0.3%	1.3%	1.3%	1.3%	1.3%	1.3%	1.3%	1.3%	1.3%	1.3%	1.3%
BF% Change		1.7%	0.9%	0.2%	0.2%	0.2%	0.2%	0.2%	0.2%	0.2%	0.2%	0.2%	0.2%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		21.00	12.00	8.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		15	5	0	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	5	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	10	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	15	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5									
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

		weigh-in by											
		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Weight Change		6.5	5.5	4.0	7.0	7.0	4.0	8.0	10.0	6.5	8.0	8.0	8.0
Weight Change %		3.9%	3.3%	2.4%	4.2%	4.2%	2.4%	4.8%	6.0%	3.9%	4.8%	4.8%	4.8%
BF% Change		-1.2%	0.1%	0.3%	-0.6%	-0.6%	0.5%	0.5%	0.5%	0.5%	0.5%	0.5%	0.5%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		11.00	12.00	13.00	14.00	15.00	11.00	10.00	14.00	16.00	14.00	0.00	0.00
Extra Miles Completed		5	5	5	5	5	0	(2)	0	0	(4)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	0	0	0	0	5	0	5	5	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	10	10	10	10	10	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

LEG EXTENSION 1 Break / 2 Breaks	Lvl 1: 15 reps @ 25% TBW	5 pts																		
	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
SEATED LEG PRESS 1 Break / 2 Breaks	Lvl 1: 15 reps @ 25% TBW	5 pts																		
	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
ISOMETRIC WALL SQUAT Non-Stop / Max 5 minutes	1 set: 1 minute	20 pts																		
	Additional sets: +1 minute	+ 20 pts																		
CARDIOVASCULAR CHALLENGES																				
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts																		
	Lvl 2: 12 min or less (5mph)	+ 10 pts																		
	Lvl 3: 10 min or less (6mph)	+ 15 pts																		
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts																		
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts																		
	Lvl 2: 37 min or less (5mph)	+ 10 pts																		
	Lvl 3: 31 min or less (6mph)	+ 20 pts																		
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts																		
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts																		
	Lvl 2: 5 min or less	+ 10 pts																		
	Lvl 3: 4 min or less	+ 15 pts																		
	Lvl 4: 3:30 min or less	+ 20 pts																		
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts																		
	Lvl 2: 25 min or less	+ 10 pts																		
	Lvl 3: 21 min or less	+ 20 pts																		
	Lvl 4: 18 min or less	+ 30 pts																		
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts																		
	Lvl 2: 12 min or less (15mph)	+ 10 pts																		
	Lvl 3: 10 min or less (18mph)	+ 15 pts																		
	Lvl 4: 8 min or less (20mph)	+ 20 pts																		
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts																		
	Lvl 2: 40 min or less (15mph)	+ 10 pts																		
	Lvl 3: 33 min or less (18mph)	+ 20 pts																		
	Lvl 4: 30 min or less (20mph)	+ 30 pts																		
FLEXIBILITY CHALLENGE																				
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts																		
BODY CHANGE																				
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE																				
Quit Smoking		150 pts																		
Improve Risk Indicator (Chol / BP / Gluc)		150 pts																		
Complete a Sporting Event / Misc Points		see chart																		

Total Accumulated Weekly Points

50	40	40	40	40	35	30	335	35	30	0	0
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TOTAL POINTS

675

53		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		2.0	0.5	2.5	2.0	2.0	2.0	2.0	2.0	2.0	3.0	1.0	1.5
Weight Change		2.0	0.5	2.5	2.0	2.0	2.0	2.0	2.0	2.0	3.0	1.0	1.5
Weight Change %		1.5%	0.4%	1.8%	1.5%	1.5%	1.5%	1.5%	1.5%	1.5%	2.2%	0.7%	1.1%
BF% Change		-0.4%	0.5%	0.4%	1.1%	1.1%	1.1%	1.1%	1.1%	1.1%	2.9%	0.7%	-0.4%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	9.00	10.00	9.00	28.00	25.00	0.00	0.00	0.00	35.00	35.00	35.00
Extra Miles Completed		0	2	2	0	18	14	(12)	(14)	(16)	17	16	15
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	5	5	5	5	5	5	5	5	5	5
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	10	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	15	0	0	0	15	15	15
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5	5	5	5	5	5
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	15												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts													
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts	30												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts													
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts													
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts	20												
CARDIOVASCULAR CHALLENGES															
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts													
	Lvl 2: 12 min or less (5mph)	+ 10 pts	15												
	Lvl 3: 10 min or less (6mph)	+ 15 pts													
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts													
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts													
	Lvl 2: 37 min or less (5mph)	+ 10 pts	15												
	Lvl 3: 31 min or less (6mph)	+ 20 pts													
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts													
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts													
	Lvl 2: 5 min or less	+ 10 pts	30												
	Lvl 3: 4 min or less	+ 15 pts													
	Lvl 4: 3:30 min or less	+ 20 pts													
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts													
	Lvl 2: 25 min or less	+ 10 pts	30												
	Lvl 3: 21 min or less	+ 20 pts													
	Lvl 4: 18 min or less	+ 30 pts													
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts													
	Lvl 2: 12 min or less (15mph)	+ 10 pts	30												
	Lvl 3: 10 min or less (18mph)	+ 15 pts													
	Lvl 4: 8 min or less (20mph)	+ 20 pts													
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts													
	Lvl 2: 40 min or less (15mph)	+ 10 pts	30												
	Lvl 3: 33 min or less (18mph)	+ 20 pts													
	Lvl 4: 30 min or less (20mph)	+ 30 pts													
FLEXIBILITY CHALLENGE															
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts													
BODY CHANGE															
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE															
Quit Smoking		150 pts													
Improve Risk Indicator (Chol / BP / Gluc)		150 pts													
Complete a Sporting Event / Misc Points		see chart													

Total Accumulated Weekly Points

295	35	35	35	45	40	0	0	0	45	45	45
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TOTAL POINTS

620

54		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		0.5	3.5	2.5	7.0	9.5	9.5	8.0	10.0	11.0	13.5	12.5	15.5
Weight Change		0.3%	1.9%	1.4%	3.9%	5.2%	5.2%	4.4%	5.5%	6.1%	7.5%	6.9%	8.6%
Weight Change %		0.2%	-1.6%	-0.1%	0.5%	1.8%	2.2%	2.6%	1.7%	2.2%	2.1%	3.0%	3.8%
BF% Change		6	7	8	9	10	11	12	14	16	18	19	20
Weekly Required Miles		6.00	7.00	8.00	9.00	10.00	11.00	12.00	14.00	16.00	18.00	24.00	20.00
Miles Completed		0	0	0	0	0	0	0	0	0	0	5	0
Extra Miles Completed		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Miss a Weekly Weigh-In		5 / wk	5	5	5	5	5	5	5	5	5	0	5
Complete the Weekly Miles		10 / wk	0	0	0	0	0	0	0	0	0	10	0
Complete the Weekly Miles + 5 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		10			10								
Learn the SPEEDLINE workout (1 time credit)		5 / wk	5	5	5	5	5	5	5	5	5	5	5
Complete 2 Strength Training Sessions													
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

55		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
weigh-in by		1.5	(1.0)	2.5	3.5	3.5	4.5	5.0	5.0	6.0	7.5	8.5	6.0
Weight Change		1.5	(1.0)	2.5	3.5	3.5	4.5	5.0	5.0	6.0	7.5	8.5	6.0
Weight Change %		0.8%	-0.5%	1.4%	1.9%	1.9%	2.5%	2.7%	2.7%	3.3%	4.1%	4.6%	3.3%
BF% Change		0.2%	0.8%	1.1%	0.7%	1.1%	0.6%	1.3%	1.3%	1.7%	2.1%	2.1%	3.1%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	7.00	9.00	9.00	10.00	11.00	12.00	0.00	21.00	18.00	19.00	20.00
Extra Miles Completed		0	0	1	0	0	0	0	(14)	5	0	0	0
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	5	5	5	5	5	0	0	5	5	5
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	10	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5	5		5	5	5	5
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

100

56		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.0	2.5	3.0	2.0	2.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5
Weight Change %		0.0%	2.7%	3.2%	2.2%	2.7%	3.8%	3.8%	3.8%	3.8%	3.8%	3.8%	3.8%
BF% Change		0.0%	0.8%	-0.2%	1.2%	0.1%	2.4%	2.4%	2.4%	2.0%	2.4%	2.4%	2.4%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	7.00	8.00	9.00	10.00	11.00	0.00	0.00	38.00	0.00	0.00	0.00
Extra Miles Completed		(6)	0	0	0	0	0	(12)	(14)	22	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	5	5	5	5	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	15	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk	5	5	5	5	5			5			
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

		weigh-in by											
		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Weight Change		2.0	4.0	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5
Weight Change %		1.3%	2.6%	1.7%	1.7%	1.7%	1.7%	1.7%	1.7%	1.7%	1.7%	1.7%	1.7%
BF% Change		2.3%	2.3%	.	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%	-1.4%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		6.00	4.00	8.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		0	(3)	0	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	5	0	5	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10	10										
Complete 2 Strength Training Sessions		5 / wk	5	5	5								
STRENGTH CHALLENGES		Level	Points										
PUSH UPS		Lvl 1: 15 reps	5 pts										
Modified or Regular		Lvl 2: 25 reps	+ 10 pts										
Non-stop		Lvl 3: 50 reps	+ 15 pts										
		Lvl 4: 75 reps	+ 20 pts										
BENCH DIPS		1 Set: 15 reps	10 pts										
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps	+ 10 pts										
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts										
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts										
		Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts										
		Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts										
REAR DELTS		Lvl 1: 15 reps @ 20% TBW	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts										
		Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts										
		Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts										
CRUNCHES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
PLANK		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LEG RAISES		Lvl 1: 25 reps	5 pts										
Non-stop		Lvl 2: 50 reps	+ 10 pts										
		Lvl 3: 75 reps	+ 15 pts										
		Lvl 4: 100 reps	+ 20 pts										
ISOMETRIC LOW AB HOLD		1 set: 1 minute	20 pts										
Non-Stop / Max 5 minutes		Additional sets: +1 minute	+ 20 pts										
LUNGES		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										
SQUATS		Lvl 1: 15 reps	5 pts										
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts										
		Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts										
		Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts										

58		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.5	2.5	5.5	4.5	6.5	6.5	7.5	8.5	11.5	11.5	12.5	12.5
Weight Change %		0.4%	1.8%	3.9%	3.2%	4.7%	4.7%	5.4%	6.1%	8.2%	8.2%	9.0%	9.0%
BF% Change		-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%	-0.3%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		12.00	11.00	11.00	19.00	17.00	10.00	12.00	13.00	17.00	12.00	15.00	0.00
Extra Miles Completed		6	4	3	10	7	(1)	0	(1)	1	(6)	(4)	(20)
Weekly Weigh-In		25 / wk	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In		-40 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles		5 / wk	0	5	5	0	0	0	5	0	5	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	10	0	0	10	10	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk	5		5	5	5	5	5	5	5	5	
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts																		
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts																		
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts																		
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts																		
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts																		
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts																		
CARDIOVASCULAR CHALLENGES																				
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts																		
	Lvl 2: 12 min or less (5mph)	+ 10 pts																		
	Lvl 3: 10 min or less (6mph)	+ 15 pts																		
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts																		
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts																		
	Lvl 2: 37 min or less (5mph)	+ 10 pts																		
	Lvl 3: 31 min or less (6mph)	+ 20 pts																		
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts																		
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts																		
	Lvl 2: 5 min or less	+ 10 pts																		
	Lvl 3: 4 min or less	+ 15 pts																		
	Lvl 4: 3:30 min or less	+ 20 pts																		
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts																		
	Lvl 2: 25 min or less	+ 10 pts																		
	Lvl 3: 21 min or less	+ 20 pts																		
	Lvl 4: 18 min or less	+ 30 pts																		
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts																		
	Lvl 2: 12 min or less (15mph)	+ 10 pts																		
	Lvl 3: 10 min or less (18mph)	+ 15 pts																		
	Lvl 4: 8 min or less (20mph)	+ 20 pts																		
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts																		
	Lvl 2: 40 min or less (15mph)	+ 10 pts																		
	Lvl 3: 33 min or less (18mph)	+ 20 pts																		
	Lvl 4: 30 min or less (20mph)	+ 30 pts																		
FLEXIBILITY CHALLENGE																				
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts																		
BODY CHANGE																				
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	12%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	15%+ Of Starting Weight	+ 100 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	20%+ Of Starting Weight	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	25%+ Of Starting Weight	+ 250 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE																				
Quit Smoking		150 pts																		
Improve Risk Indicator (Chol / BP / Gluc)		150 pts																		
Complete a Sporting Event / Misc Points		see chart																		

Total Accumulated Weekly Points

40	30	35	40	40	30	35	330	35	30	30	0
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TOTAL POINTS

675

59		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
weigh-in by		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In	25 / wk	25	25	25	25	25	25	25	25	25	25	25	25
Miss a Weekly Weigh-In	-40 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles	5 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles	10 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)	10												
Complete 2 Strength Training Sessions	5 / wk												
STRENGTH CHALLENGES		Level		Points									
PUSH UPS	Lvl 1: 15 reps	5 pts											
Modified or Regular	Lvl 2: 25 reps	+ 10 pts											
Non-stop	Lvl 3: 50 reps	+ 15 pts											
	Lvl 4: 75 reps	+ 20 pts											
BENCH DIPS	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
CHEST PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 50% TBW	+ 20 pts											
SHOULDER PRESS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
LAT PULL DOWN	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts											
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts											
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts											
REAR DELTS	Lvl 1: 15 reps @ 20% TBW	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 30% TBW	+ 10 pts											
	Lvl 3: 2 x 15 reps @ 40% TBW	+ 15 pts											
	Lvl 4: 2 x 15 reps @ 50% TBW	+ 20 pts											
CRUNCHES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
PLANK	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LEG RAISES	Lvl 1: 25 reps	5 pts											
Non-stop	Lvl 2: 50 reps	+ 10 pts											
	Lvl 3: 75 reps	+ 15 pts											
	Lvl 4: 100 reps	+ 20 pts											
ISOMETRIC LOW AB HOLD	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
LUNGES	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											
SQUATS	Lvl 1: 15 reps	5 pts											
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 25% TBW	+ 10 pts											
	Lvl 3: 3 X 15 reps @ 40% TBW	+ 20 pts											
	Lvl 4: 3 X 15 reps @ 50% TBW	+ 40 pts											

60		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
		2/5/23	2/12/23	2/19/23	2/26/23	3/5/23	3/12/23	3/19/23	3/26/23	4/2/23	4/9/23	4/16/23	4/23/23
Weight Change		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight Change %		#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
BF% Change		0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Weekly Required Miles		6	7	8	9	10	11	12	14	16	18	19	20
Miles Completed													
Extra Miles Completed		(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk	0	0	0	0	0	0	0	0	0	0	0
Miss a Weekly Weigh-In		-40 / wk	-40	-40	-40	-40	-40	-40	-40	-40	-40	-40	-40
Complete the Weekly Miles		5 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 5 extra miles		10 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 15 extra miles		15 / wk	0	0	0	0	0	0	0	0	0	0	0
Complete the Weekly Miles + 25 extra miles		20 / wk	0	0	0	0	0	0	0	0	0	0	0
Learn the SPEEDLINE workout (1 time credit)		10											
Complete 2 Strength Training Sessions		5 / wk											
STRENGTH CHALLENGES		Level		Points									
PUSH UPS		Lvl 1: 15 reps		5 pts									
Modified or Regular		Lvl 2: 25 reps		+ 10 pts									
Non-stop		Lvl 3: 50 reps		+ 15 pts									
		Lvl 4: 75 reps		+ 20 pts									
BENCH DIPS		1 Set: 15 reps		10 pts									
Non-Stop / Increments of 15 / 1 Break		Additional sets: +15 reps		+ 10 pts									
CHEST PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 50% TBW		+ 20 pts									
SHOULDER PRESS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
LAT PULL DOWN		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 40% TBW		+ 10 pts									
		Lvl 3: 3 x 15 reps @ 50% TBW		+ 15 pts									
		Lvl 4: 3 x 15 reps @ 75% TBW		+ 20 pts									
REAR DELTS		Lvl 1: 15 reps @ 20% TBW		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 x 15 reps @ 30% TBW		+ 10 pts									
		Lvl 3: 2 x 15 reps @ 40% TBW		+ 15 pts									
		Lvl 4: 2 x 15 reps @ 50% TBW		+ 20 pts									
CRUNCHES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
PLANK		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LEG RAISES		Lvl 1: 25 reps		5 pts									
Non-stop		Lvl 2: 50 reps		+ 10 pts									
		Lvl 3: 75 reps		+ 15 pts									
		Lvl 4: 100 reps		+ 20 pts									
ISOMETRIC LOW AB HOLD		1 set: 1 minute		20 pts									
Non-Stop / Max 5 minutes		Additional sets: +1 minute		+ 20 pts									
LUNGES		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									
SQUATS		Lvl 1: 15 reps		5 pts									
1 Break / 2 Breaks		Lvl 2: 2 X 15 reps @ 25% TBW		+ 10 pts									
		Lvl 3: 3 X 15 reps @ 40% TBW		+ 20 pts									
		Lvl 4: 3 X 15 reps @ 50% TBW		+ 40 pts									

LEG EXTENSION	Lvl 1: 15 reps @ 25% TBW	5 pts												
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
SEATED LEG PRESS	Lvl 1: 15 reps @ 25% TBW	5 pts												
1 Break / 2 Breaks	Lvl 2: 2 X 15 reps @ 40% TBW	+ 10 pts												
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 15 pts												
	Lvl 4: 3 X 15 reps @ 65% TBW	+ 20 pts												
ISOMETRIC WALL SQUAT	1 set: 1 minute	20 pts												
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts												
CARDIOVASCULAR CHALLENGES														
RUN 1 MILE	Lvl 1: 15 min or less (4mph)	5 pts												
	Lvl 2: 12 min or less (5mph)	+ 10 pts												
	Lvl 3: 10 min or less (6mph)	+ 15 pts												
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts												
RUN 5K (3.1 MILES)	Lvl 1: 47 min or less (4mph)	15 pts												
	Lvl 2: 37 min or less (5mph)	+ 10 pts												
	Lvl 3: 31 min or less (6mph)	+ 20 pts												
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts												
ROW 1,000 METERS	Lvl 1: 6 min or less	5 pts												
	Lvl 2: 5 min or less	+ 10 pts												
	Lvl 3: 4 min or less	+ 15 pts												
	Lvl 4: 3:30 min or less	+ 20 pts												
ROW 5,000 METERS	Lvl 1: 30 min or less	15 pts												
	Lvl 2: 25 min or less	+ 10 pts												
	Lvl 3: 21 min or less	+ 20 pts												
	Lvl 4: 18 min or less	+ 30 pts												
BIKE 3 MILES	Lvl 1: 15 min or less (12mph)	5 pts												
	Lvl 2: 12 min or less (15mph)	+ 10 pts												
	Lvl 3: 10 min or less (18mph)	+ 15 pts												
	Lvl 4: 8 min or less (20mph)	+ 20 pts												
BIKE 10 MILES	Lvl 1: 50 min or less (12mph)	15 pts												
	Lvl 2: 40 min or less (15mph)	+ 10 pts												
	Lvl 3: 33 min or less (18mph)	+ 20 pts												
	Lvl 4: 30 min or less (20mph)	+ 30 pts												
FLEXIBILITY CHALLENGE														
LEARN THE STRETCHING GUIDE	10 Questions. 70% Correct for Passing	35 pts												
BODY CHANGE														
WEIGHT LOSS	6%+ Of Starting Weight	300 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
	10%+ Of Starting Weight	+ 100 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
	12%+ Of Starting Weight	+ 100 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
	15%+ Of Starting Weight	+ 100 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
	20%+ Of Starting Weight	+ 150 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
	25%+ Of Starting Weight	+ 250 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
BODY FAT LOSS	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	8%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0
LIFE STYLE CHANGE														
Quit Smoking		150 pts												
Improve Risk Indicator (Chol / BP / Gluc)		150 pts												
Complete a Sporting Event / Misc Points		see chart												

Total Accumulated Weekly Points

#DIV/0! #DIV/0! #DIV/0! #DIV/0! #DIV/0! #DIV/0! #DIV/0! #DIV/0! #DIV/0! #DIV/0! #DIV/0! #DIV/0! #DIV/0!

TOTAL POINTS

#DIV/0!