TTC#			Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Starting Weight / Weekly Weight-In		-												
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!
Starting BF% / Weekly BF%		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														
Extra Miles Completed			(6)	(7)	(8)	(9)	(10)	(11)	(12)	(14)	(16)	(18)	(19)	(20)
Weekly Weigh-In		25 / wk												
Miss a Weekly Weigh-In		-40 / wk												
Complete the Weekly Miles		5 / wk												
Complete the Weekly Miles + 5 extra miles		10 / wk												
Complete the Weekly Miles + 15 extra miles		15 / wk												
Complete the Weekly Miles + 25 extra miles		20 / wk												
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**												

SAMPLE TTC POINT CHART

Please see the Exercise Specialist. He / She will help you:

* Get started with your training
* Show you the proper and safe techniques to complete the challenges
* How to progress through the challenges
* Find alternative exercises if you can't do some challenges
* And how to accumulate points and WIN!

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**	
	10%+ Of Starting Weight	**+ 100 pts**	
	12%+ Of Starting Weight	**+ 100 pts**	
	15%+ Of Starting Weight	**+ 100 pts**	
	20%+ Of Starting Weight	**+ 150 pts**	
	25%+ Of Starting Weight	**+ 250 pts**	
BODY FAT LOSS	**5%+ Reduction of Starting Percentage**	**400 pts**	
	6%+ Reduction of Starting Percentage	**+ 50 pts**	
	7%+ Reduction of Starting Percentage	**+ 50 pts**	
	8%+ Reduction of Starting Percentage	**+ 50 pts**	
	10%+ Reduction of Starting Percentage	**+ 150 pts**	
LIFE STYLE CHANGE			
Quit Smoking		**150 pts**	
Improve Risk Indicator (Chol / BP / Gluc)		**150 pts**	
Complete a Sporting Event / Misc Points		**see chart**	
TOTAL POINTS			**Total Points**

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