

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
Starting Weight / Weekly Weight-In	-	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!
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%
Starting BF% / Weekly BF%	0.0%	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													
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	0
Miss a Weekly Weigh-In	-40 / wk	-40	-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	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												
<b>STRENGTH CHALLENGES</b>	<b>Level</b>	<b>Points</b>											
<b>PUSH UPS</b>	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											
<b>BENCH DIPS</b>	1 Set: 15 reps	10 pts											
Non-Stop / Increments of 15 / 1 Break	Additional sets: +15 reps	+ 10 pts											
<b>CHEST PRESS</b>	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											
<b>SHOULDER PRESS</b>	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											
<b>LAT PULL DOWN</b>	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											
<b>REAR DELTS</b>	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											
<b>CRUNCHES</b>	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											
<b>PLANK</b>	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
<b>LEG RAISES</b>	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											
<b>ISOMETRIC LOW AB HOLD</b>	1 set: 1 minute	20 pts											
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts											
<b>LUNGES</b>	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											
<b>SQUATS</b>	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!

<b>LEG EXTENSION</b>	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												
<b>SEATED LEG PRESS</b>	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												
<b>ISOMETRIC WALL SQUAT</b>	1 set: 1 minute	20 pts												
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts												
<b>CARDIOVASCULAR CHALLENGES</b>														
<b>RUN 1 MILE</b>	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												
<b>RUN 5K (3.1 MILES)</b>	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												
<b>ROW 1,000 METERS</b>	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												
<b>ROW 5,000 METERS</b>	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												
<b>BIKE 3 MILES</b>	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												
<b>BIKE 10 MILES</b>	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												
<b>FLEXIBILITY CHALLENGE</b>														
<b>LEARN THE STRETCHING GUIDE</b>	10 Questions. 70% Correct for Passing	35 pts												
<b>BODY CHANGE</b>														
<b>WEIGHT LOSS</b>	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!
<b>BODY FAT LOSS</b>	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
<b>LIFE STYLE CHANGE</b>														
<b>Quit Smoking</b>		150 pts												
<b>Improve Risk Indicator (Chol / BP / Gluc)</b>		150 pts												
<b>Complete a Sporting Event / Misc Points</b>		see chart												
<b>TOTAL POINTS</b>														<b>#DIV/0!</b>