

## SCORING

The co-ed team score is calculated as the sum of the three/four individual contestant scores of the team plus their relay race score. If two teams have identical scores at the end, a tie breaker takes place among two representatives from both teams.

The individual score is based on the total number of sit-ups, push-ups, and air squats that each contestant performs in one minute per exercise minus any faults.

The tie breaker consists of the first three activities of the Fitness Challenge.

### Scoring Method SAMPLE

#### OFFICIAL USE ONLY

<b>Team Category:</b> (circle one) [Team Name]	<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>	
	<b>SIT-UP</b>		<b>PUSH-UP</b>		<b>AIR SQUAT</b>		<b>RELAY</b>	<b>TOTAL</b>
	<b>Reps</b>	<b>Faults</b>	<b>Reps</b>	<b>Faults</b>	<b>Reps</b>	<b>Faults</b>	<b>Time</b>	
<b>Contestant 1</b> [Name]								
<b>Contestant 2</b> [Name]								
<b>Contestant 3</b> [Name]								
<b>Contestant 4</b> [Name]								
<b>Team Total</b>								

## PRIZES

Fitness Challenge prizes will be awarded to  
 The highest scoring team in each category (1, 2, 3 and 4)  
 and  
 The highest scoring male and female in each category (1, 2, 3 and 4)