# **Scorchers Fitness Challenge**

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| **To complete this table: Colour or cross the boxes for the exercises you complete each day. Count your total points for the day in the final column.** | | | | | | | |
|  | Walking/Running  1 point - 2 points for 6,000 steps | Bikes/Scooters/Skateboards  1 point | Workout/Weights  1 point | Shooting Practice  1 point | Dribbling Practice  1 point | Scrimmage with Parent/Sibling  1 point | POINTS FOR THE DAY |
| **Friday** |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |  |
| **Monday** |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |  |
| **Monday** |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |