DoctorJeal Monthly Exercise Challenges
Lungevember Challenge Scoring Sheet

TARGET LEVEL	POINTS
Level 1	1 point
Level 2	2 points
Level 3	3 points

Not completing the challenge for any day scores 0 points

DAY	LEVEL 1	LEVEL 2	LEVEL 3	SCORE	DAY	LEVEL 1	LEVEL 2	LEVEL 3	SCORE
1	10	20	30		**8**	38	76	114	
2	14	28	42		**9**	42	84	126	
3	18	36	54		**10**	46	92	138	
4	22	44	66		**11**	50	100	150	
5	26	52	78		**12**	54	108	162	
6	30	60	90		**13**	58	116	174	
7	34	68	102		**14**	62	124	186	
15	66	132	198		**22**	42	84	186	
16	66	132	198		**23**	38	76	114	
17	62	124	186		**24**	34	68	102	
18	58	116	174		**25**	30	60	90	
19	54	108	162		**26**	26	52	78	
20	50	100	150		**27**	22	44	66	
21	46	92	138		**28**	18	36	54	
29	14	28	42						
30	10	20	30						

Total Score	

Join in at http://doctorjeal.com/november-lunge-exercise-challenge-lungevember/
DoctorJeal.com