

DoctorJeal Monthly Exercise Challenges

28 Day Abs Challenge Scoring Sheet

TARGET LEVEL	POINTS	EXERCISE LEVEL	POINTS
Level 1 (Green)	1 point	Easy 1. Bent Knee Crunch 2. Bent Knee Leg Lower	+1 point
Level 2 (Amber))	2 points	Moderate 1. Box Crunch 2. Alternating Leg Lower	+2 points
Level 3 (Red)	3 points	Advanced 1. Knee Tuck Crunch 2. Straight Leg Lower	+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	17	34	51	
2	11	22	33		9	18	36	54	
3	12	24	36		10	19	38	57	
4	13	26	39		11	20	40	60	
5	14	28	42		12	21	42	63	
6	15	30	45		13	22	44	66	
7	16	32	48		14	23	46	69	
15	24	48	72		22	31	62	93	
16	25	50	75		23	32	64	96	
17	26	52	78		24	33	66	99	
18	27	54	81		25	34	68	102	
19	28	56	84		26	35	70	105	
20	29	58	87		27	36	72	108	
21	30	60	90		28	37	74	111	

Total Score	
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