

2021 Special Olympics North Dakota Fitness Challenge Scoresheet

Unified Team Name (last name of athlete/partner): _____ School: _____

Athlete or Unified Partner Name: _____ Age: _____ Gender: _____

Mailing Address: _____ City: _____

Email: _____ Phone Number: _____

Parent/Guardian Name: _____ Phone Number: _____ Email: _____

Please Print Legibly

Fitness Exercise	Time Allowed	Week 1	Week 4	Week 8
Curl Ups (Sit ups)	60 Seconds			
Squats	30 Seconds			
Push-ups	60 Seconds			
Seated Lateral Bends	30 Seconds			
Jumping Jacks	60 Seconds			
Front-to-Back Jumps	30 Seconds			
When to enter your scores:		February 1-6	February 21-27	March 21-27
When to send your scores to us:		February 6	February 28 or send with final score	March 31

Send to:

Special Olympics North Dakota • 2616 S 26th St • Grand Forks ND 58201

Email: sports@specialolympicsnd.org

Fax: (701) 772-1265