



Name: \_\_\_\_\_

Role:  Athlete  Partner

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing address: \_\_\_\_\_

### **Fitness Skills**

#### **Push-Ups**

*How many can you  
complete in 60  
seconds?*

Score: \_\_\_\_\_

#### **Curl Ups**

*How many can you  
complete in 60  
seconds?*

Score: \_\_\_\_\_

#### **Overhead Press**

*How many can you  
complete in 60  
seconds?*

Score: \_\_\_\_\_

#### **Side Arm Raises**

*How many can you  
complete in 60  
seconds?*

Score: \_\_\_\_\_

#### **Shin Touches**

*How many can you  
complete in 60  
seconds?*

Score: \_\_\_\_\_

**Individual Total Score: \_\_\_\_\_**

(Add up individual scores from the 5 events to get your total score)

### **Unified Fitness**

Teammate Name: \_\_\_\_\_

Teammate Role: \_\_\_\_\_

Teammate Email: \_\_\_\_\_

Teammate Address: \_\_\_\_\_

Team Name: \_\_\_\_\_

**Unified Fitness Total Score: \_\_\_\_\_**

(Combined scores from 1 athlete and 1 partner)

Please turn in Scorecard by November 9, 2020 deadline to [sports@soor.org](mailto:sports@soor.org)

