



First Name: _____ Last Name: _____

Email: _____

Role: Athlete Unified Partner

FITNESS SKILLS

How many of each exercise can you complete in 60 seconds?

Side to Side Twist

Upright Row

Field Goal Chest Press

Frog Squat

Burpees

Individual Fitness Score: _____

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

UNIFIED FITNESS

Partner First Name: _____

Partner Last Name: _____

Unified Fitness Total Score: _____

(Combine scores from 1 athlete & 1 partner)

Please turn in Scorecard by July 18, 2021 deadline to sports@soor.org

