



PLAYER SCORE CARD

YOUR NAME

YOUR EMAIL

HOW TO SCORE | Track your activity daily in the categories at the right. Check the appropriate box each time you complete an activity. At the end of the week add up all your points and record them in the weekly point total column on the reverse. At the end of the challenge add up all your points and check the level you reached. Remember to return your score card to the challenge coordinator at the end!



Score 1 point for every 10 minutes of cardio with a max of 3 points per day!



Score 2 points for every day you get at least 8 cups of proper hydration!



Score a 3 point bonus each week you complete your Bounce Game Plan!

Week of 8/22



WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
10 Minutes	1 POINT							
10 Minutes	1 POINT							
10 Minutes	1 POINT							
At least 8 cups of healthy hydration	2 POINTS							
Completed weekly planner	3 POINTS							
WEEKLY TOTAL								

Week of 8/29



WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
10 Minutes	1 POINT							
10 Minutes	1 POINT							
10 Minutes	1 POINT							
At least 8 cups of healthy hydration	2 POINTS							
Completed weekly planner	3 POINTS							
WEEKLY TOTAL								

Week of 9/5



WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
10 Minutes	1 POINT							
10 Minutes	1 POINT							
10 Minutes	1 POINT							
At least 8 cups of healthy hydration	2 POINTS							
Completed weekly planner	3 POINTS							
WEEKLY TOTAL								

WEEKLY POINT TOTALS
WEEK 1 POINTS
WEEK 2 POINTS
WEEK 3 POINTS
WEEK 4 POINTS
WEEK 5 POINTS
WEEK 6 POINTS
TOTAL POINTS

Week of 9/12



WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
10 Minutes	1 POINT							
10 Minutes	1 POINT							
10 Minutes	1 POINT							
At least 8 cups of healthy hydration	2 POINTS							
Completed weekly planner	3 POINTS							
WEEKLY TOTAL								

Week of 9/19



WEEK 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
10 Minutes	1 POINT							
10 Minutes	1 POINT							
10 Minutes	1 POINT							
At least 8 cups of healthy hydration	2 POINTS							
Completed weekly planner	3 POINTS							
WEEKLY TOTAL								

Week of 9/26



WEEK 6	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
10 Minutes	1 POINT							
10 Minutes	1 POINT							
10 Minutes	1 POINT							
At least 8 cups of healthy hydration	2 POINTS							
Completed weekly planner	3 POINTS							
WEEKLY TOTAL								

WHAT LEVEL ARE YOU?

Check the level that matches your point total:

- 0-74 points: Up and Coming Prospect
- 75-139: High School All-American
- 140-159: College Star
- 160-184: Professional Player
- 185-209: Professional All-Star
- 210+: Hall of Famer