



LOL SCORECARD

Participating in the LOL challenge is quick and easy! Simply award yourself 50 points for each day you complete at least 30 minutes of cardiovascular activity and 50 points for each day you complete an LOL activity. (Check out your educational resources for ideas on LOL activities.) At the end of the challenge, add up all of your week totals to come up with your challenge total. Return your Scorecard to the challenge coordinator upon completion. Good Luck!

	ACTIVITY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEK TOTAL
WEEK ONE	CARDIO								
	LOL								
WEEK TWO	CARDIO								
	LOL								
WEEK THREE	CARDIO								
	LOL								
WEEK FOUR	CARDIO								
	LOL								
WEEK FIVE	CARDIO								
	LOL								
WEEK SIX	CARDIO								
	LOL								

Your Goal is to Reach **3,000** Points by the End of the Challenge!

CHALLENGE TOTAL

YOUR NAME: _____ EMAIL: _____