

**USAG STUTTGART SPORTS AND FITNESS
MISSION READY 66 FITNESS COMPETITION**

Example									
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
*6/5/2018	Monday	Zumba	60	Patch	massage	Panzer	Dhiana Grabert	75	135
*6/6/2018	Tuesday	Cobblestone Race	400	Patch/PZ	smoking cessation class	Wellness Center	TJ	100	500
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
5/7/2018	Monday								
5/8/2018	Tuesday								
5/9/2018	Wednesday								
5/10/2018	Thursday								
5/11/2018	Friday								
5/12/2018	Saturday								
5/13/2018	Sunday								
Total Weekly Points									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Total									
Total Competition Points									

WEEK 1 PARTICIPANT # PARTICIANT NAME TEAM NAME TOTAL POINTS WEIGHT

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Example									
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
*6/5/2018	Monday	Zumba	60	Patch	massage	Panzer	Dhiana Grabert	75	135
*6/6/2018	Tuesday	Cobblestone Race	400	Patch/PZ	smoking cessation class	Wellness Center	TJ	100	500
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
5/14/2018	Monday								
5/15/2018	Tuesday								
5/16/2018	Wednesday								
5/17/2018	Thursday								
5/18/2018	Friday								
5/19/2018	Saturday								
5/20/2018	Sunday								
Total Weekly Points									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Total									
Total Competition Points									

WEEK_2_____ PARTICIPANT #_____ PARTICIANT NAME_____ TEAM NAME_____ TOTAL POINTS_____ WEIGHT_____

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Example									
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
*6/5/2018	Monday	Zumba	60	Patch	massage	Panzer	Dhiana Grabert	75	135
*6/6/2018	Tuesday	Cobblestone Race	400	Patch/PZ	smoking cessation class	Wellness Center	TJ	100	500
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
5/21/2018	Monday								
5/22/2018	Tuesday								
5/23/2018	Wednesday								
5/24/2018	Thursday								
5/25/2018	Friday								
5/26/2018	Saturday								
5/27/2018	Sunday								
Total Weekly Points									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Total									
Total Competition Points									

WEEK_3_____ PARTICIPANT #_____ PARTICIPANT NAME_____ TEAM NAME_____ TOTAL POINTS_____ WEIGHT_____

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Example									
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
*6/5/2018	Monday	Zumba	60	Patch	massage	Panzer	Dhiana Grabert	75	135
*6/6/2018	Tuesday	Cobblestone Race	400	Patch/PZ	smoking cessation class	Wellness Center	TJ	100	500
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
5/28/2018	Monday								
5/29/2018	Tuesday								
5/30/2018	Wednesday								
5/31/2018	Thursday								
6/1/2018	Friday								
6/2/2018	Saturday								
6/3/2018	Sunday								
Total Weekly Points									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Total									
Total Competition Points									

WEEK __ 4 __ PARTICIPANT # _____ PARTICIPANT NAME _____ TEAM NAME _____ TOTAL POINTS _____ WEIGHT _____

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Example									
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
*6/5/2018	Monday	Zumba	60	Patch	massage	Panzer	Dhiana Grabert	75	135
*6/6/2018	Tuesday	Cobblestone Race	400	Patch/PZ	smoking cessation class	Wellness Center	TJ	100	500
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
6/4/2018	Monday								
6/5/2018	Tuesday								
6/6/2018	Wednesday								
6/7/2018	Thursday								
6/8/2018	Friday								
6/9/2018	Saturday								
6/10/2018	Sunday								
Total Weekly Points									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Total									
Total Competition Points									

WEEK_5_____ PARTICIPANT #_____ PARTICIANT NAME_____ TEAM NAME_____ TOTAL POINTS_____ WEIGHT_____

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Example									
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
*6/5/2018	Monday	Zumba	60	Patch	massage	Panzer	Dhiana Grabert	75	135
*6/6/2018	Tuesday	Cobblestone Race	400	Patch/PZ	smoking cessation class	Wellness Center	TJ	100	500
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
6/11/2018	Monday								
6/12/2018	Tuesday								
6/13/2018	Wednesday								
6/14/2018	Thursday								
6/15/2018	Friday								
6/16/2018	Saturday								
6/17/2018	Sunday								
Total Weekly Points									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Total									
Total Competition Points									

WEEK __ 6 __ PARTICIPANT # _____ PARTICIPANT NAME _____ TEAM NAME _____ TOTAL POINTS _____ WEIGHT _____

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Example									
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
*6/5/2018	Monday	Zumba	60	Patch	massage	Panzer	Dhiana Grabert	75	135
*6/6/2018	Tuesday	Cobblestone Race	400	Patch/PZ	smoking cessation class	Wellness Center	TJ	100	500
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
6/18/2018	Monday								
6/19/2018	Tuesday								
6/20/2018	Wednesday								
6/21/2018	Thursday								
6/22/2018	Friday								
6/23/2018	Saturday								
6/24/2018	Sunday								
Total Weekly Points									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Total									
Total Competition Points									

WEEK __7__ PARTICIPANT # _____ PARTICIPANT NAME _____ TEAM NAME _____ TOTAL POINTS _____ WEIGHT _____

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Example									
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
*6/5/2018	Monday	Zumba	60	Patch	massage	Panzer	Dhiana Grabert	75	135
*6/6/2018	Tuesday	Cobblestone Race	400	Patch/PZ	smoking cessation class	Wellness Center	TJ	100	500
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
6/25/2018	Monday								
6/26/2018	Tuesday								
6/27/2018	Wednesday								
6/28/2018	Thursday								
6/29/2018	Friday								
6/30/2018	Saturday								
7/1/2018	Sunday								
Total Weekly Points									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Total									
Total Competition Points									

WEEK 8 PARTICIPANT # _____ PARTICIPANT NAME _____ TEAM NAME _____ TOTAL POINTS _____ WEIGHT _____

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Example									
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
*6/5/2018	Monday	Zumba	60	Patch	massage	Panzer	Dhiana Grabert	75	135
*6/6/2018	Tuesday	Cobblestone Race	400	Patch/PZ	smoking cessation class	Wellness Center	TJ	100	500
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
7/2/2018	Monday								
7/3/2018	Tuesday								
7/4/2018	Wednesday								
7/5/2018	Thursday								
7/6/2018	Friday								
7/7/2018	Saturday								
7/8/2018	Sunday								
Total Weekly Points									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Total									
Total Competition Points									

WEEK_9_____ PARTICIPANT #_____ PARTICIANT NAME_____ TEAM NAME_____ TOTAL POINTS_____ WEIGHT_____

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Example									
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
*6/5/2018	Monday	Zumba	60	Patch	massage	Panzer	Dhiana Grabert	75	135
*6/6/2018	Tuesday	Cobblestone Race	400	Patch/PZ	smoking cessation class	Wellness Center	TJ	100	500
Date	Day of the week	Exercise Activity	Points	Location	Wellness Service	Location	Authorization	Points	Total Points
7/9/2018	Monday								
7/10/2018	Tuesday								
7/11/2018	Wednesday								
7/12/2018	Thursday								
7/13/2018	Friday								
7/14/2018	Saturday								
Total Weekly Points									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Total									
Total Competition Points									

WEEK_10_____ PARTICIPANT #_____ PARTICIANT NAME_____ TEAM NAME_____ TOTAL POINTS_____ WEIGHT_____