



# SCORECARD

Name:

Date:

## 01. Rings

Variation: (circle one)

Box Support - Ring Support - Negatives -  
Strict Dip(s) - Weighted Dip - Muscle-Up(s)

Reps/Weight/Time Achieved:

Notes:

Level Achieved: (circle one)

- WHITE 1
- YELLOW 1 2 3
- ORANGE 1 2 3
- BLUE 1 2 3
- PURPLE 1 2 3
- BROWN 1 2 3
- BLACK

## 02. Running

200m - 400m - 1 mile (circle one)

Time:

Notes:

Level Achieved: (circle one)

- WHITE 1
- YELLOW 1 2 3
- ORANGE 1 2 3
- BLUE 1 2 3
- PURPLE 1 2 3
- BROWN 1 2 3
- BLACK