

DoctorJeal Monthly Exercise Challenges

Starcember Challenge Scoring Sheet

TARGET LEVEL	POINTS	EXERCISE LEVEL	POINTS
Level 1	1 point	Half Star Jump	+1 point
Level 2	2 points	Star Jump	+2 points
Level 3	3 points	Explosive Star Jumps	+3 points

Not completing the challenge for any day scores 0 points

DAY	LEVEL 1	LEVEL 2	LEVEL 3	SCORE	DAY	LEVEL 1	LEVEL 2	LEVEL 3	SCORE
1	150	300	450		8	115	230	345	
2	145	290	435		9	110	220	330	
3	140	280	420		10	105	210	315	
4	135	270	405		11	100	200	300	
5	130	260	390		12	105	210	315	
6	125	250	375		13	110	220	330	
7	120	240	360		14	115	230	345	
15	120	240	360		22	155	310	465	
16	125	250	375		23	160	320	480	
17	130	260	390		24	165	330	495	
18	135	270	405		25	0	0	0	
19	140	280	420		26	175	350	525	
20	145	290	435		27	180	360	540	
21	150	300	450		28	185	370	555	
29	190	380	570						
30	195	390	585						
31	200	400	600						

Total Score	
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