

90 MINUTES FIT

2023 season



Complete each week's check boxes to indicate your activity levels. Mark one workout category (1, 2, 3+) and any applicable bonus boxes.

	Workouts Per Week			FCW	MD1	MD2		Workouts Per Week			FCW	MD1	MD2
	1 (1 pt)	2 (3 pts)	3+ (5 pts)					1 (1 pt)	2 (3 pts)	3+ (5 pts)			
3/26-4/1							7/9-7/15						
4/2-4/8							7/16-7/22						
4/9-4/15							7/23-7/29						
4/16-4/22							7/30-8/5						
4/23-4/29							8/6-8/12						
4/30-5/6							8/13-8/19						
5/7-5/13							8/20-8/26						
5/14-5/20							8/27-9/2						
5/21-5/27							9/3-9/9						
5/28-6/3							9/10-9/16						
6/4-6/10							9/17-9/23						
6/11-6/17							9/24-9/30						
6/18-6/24							10/1-10/7						
6/25-7/1							10/8-10/14						
7/2-7/8													

SUPER EVENTS

Event Attended	Date	+25	Event Attended	Date	+25
Event Attended	Date	+25	Event Attended	Date	+25

Super Sub - 50 points

Starter - 150 points

90 Minutes Fit - 250 points

How to Submit: This worksheet can be submitted as one full document at the conclusion of the season to foxvalleyflock@gmail.com OR submit weekly check-ins through our Google Form. See <https://fwdflock.com/90-minutes-fit> for links. (Submissions must be received by 10/21/23 to be counted).

Glossary

- Workout** 20+ minutes, elevated heart rate
- FCW** Flock Co-Workout. Add one bonus point if at least one workout was with another Flock Member
- MD1, MD2** Match Days! Did you participate in the Flock End, sing, dance, and chant for the full 90? Ten bonus points