



# Player Card

**Record your daily fitness activities below. Add up your fitness points at the end of each week and report your total to your team captain.**

**Simple Moves:** Earn one fitness point each day for each Simple Move that you complete. You can do the moves at work or home. To earn a point, you must complete eight to twelve repetitions of a Simple Move. A maximum of one fitness point per Simple Move per day may be earned.

**Cardiovascular Fitness Activity:** Earn one fitness point for each ten minutes of cardiovascular exercise you complete. Cardiovascular exercise is an activity that gets you breathing harder and your heart beating faster. Biking, swimming, dancing, and rollerblading are examples. Activity that is part of your everyday routine such as walking at work or grocery shopping does not count. A maximum of three fitness points per day may be earned for engaging in cardiovascular exercise.

## WEEK 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week Total	
Balance	<input type="checkbox"/>								
Reach	<input type="checkbox"/>								
Step	<input type="checkbox"/>								
Push-Pull	<input type="checkbox"/>								
Squat-Lift	<input type="checkbox"/>								
Twist	<input type="checkbox"/>								
Lunge	<input type="checkbox"/>								
Cardiovascular	<input type="checkbox"/>								
									<b>Points This Week</b>

## WEEK 2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week Total	
Balance	<input type="checkbox"/>								
Reach	<input type="checkbox"/>								
Step	<input type="checkbox"/>								
Push-Pull	<input type="checkbox"/>								
Squat-Lift	<input type="checkbox"/>								
Twist	<input type="checkbox"/>								
Lunge	<input type="checkbox"/>								
Cardiovascular	<input type="checkbox"/>								
									<b>Points This Week</b>

# The 7

## Simple Moves

Balance

Reach

Step

Push-Pull

Squat-Lift

Twist

Lunge

Remember to report your weekly point total to your Team Manager!

### WEEK 3

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week Total
Balance	<input type="checkbox"/>							
Reach	<input type="checkbox"/>							
Step	<input type="checkbox"/>							
Push-Pull	<input type="checkbox"/>							
Squat-Lift	<input type="checkbox"/>							
Twist	<input type="checkbox"/>							
Lunge	<input type="checkbox"/>							
Cardiovascular	<input type="checkbox"/>							

Points This Week

### WEEK 4

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week Total
Balance	<input type="checkbox"/>							
Reach	<input type="checkbox"/>							
Step	<input type="checkbox"/>							
Push-Pull	<input type="checkbox"/>							
Squat-Lift	<input type="checkbox"/>							
Twist	<input type="checkbox"/>							
Lunge	<input type="checkbox"/>							
Cardiovascular	<input type="checkbox"/>							

Points This Week

### WEEK 5

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week Total
Balance	<input type="checkbox"/>							
Reach	<input type="checkbox"/>							
Step	<input type="checkbox"/>							
Push-Pull	<input type="checkbox"/>							
Squat-Lift	<input type="checkbox"/>							
Twist	<input type="checkbox"/>							
Lunge	<input type="checkbox"/>							
Cardiovascular	<input type="checkbox"/>							

Points This Week

### WEEK 6

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week Total
Balance	<input type="checkbox"/>							
Reach	<input type="checkbox"/>							
Step	<input type="checkbox"/>							
Push-Pull	<input type="checkbox"/>							
Squat-Lift	<input type="checkbox"/>							
Twist	<input type="checkbox"/>							
Lunge	<input type="checkbox"/>							
Cardiovascular	<input type="checkbox"/>							

Points This Week