

SCORECARDS

	ENLAPSED TIME	POINTS
Black Card SCORE	122	100
RED Card SCORE	80	66
YELLOW Card SCORE	60	49
GREEN Card SCORE	45	37
POOL Card SCORE	30	28
WALK Card SCORE	90	55
AVERAGE (all the Activities)	Enlapsed Time (MINUTES)	POINTS SCORED
	71	56

4	4 TRAINING SESSION WEEK	Enlapsed Time (MINUTES)	POINTS SCORED
Sessions	AVERAGE	284	223

3	3 TRAINING SESSION WEEK	Enlapsed Time (MINUTES)	POINTS SCORED
Sessions	AVERAGE	213	223

4 TRAINING SESSION WEEK			
	TOP	MEDIUM	BASIC
	<i>1,2</i>	<i>1,1</i>	<i>0,9</i>
5,7	341	313	256
4,5	268	245	201

3 TRAINING SESSION WEEK			
	TOP	MEDIUM	BASIC
	<i>1,2</i>	<i>1,1</i>	<i>0,9</i>
4,3	256	235	192
4,5	268	245	201