

SOAR Fitness Challenge Weekly Reporting Form

Use this form to report your weekly point total by Friday of every week!

* Required

1. Email address *

Please answer the following questions regarding your weekly fitness challenge performance!

Note: There is also a bonus section and an update section. Please fill out all sections for maximum points!

2. Name (Individual, Team, or Family) *

3. What Area are you from? *

Mark only one oval.

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

4. How many bottles of water did you drink this week? *

Mark only one oval.

0-5

5-10

10-15

15-20

20+

5. How many servings of fruits/vegetables did you eat this week? *

Mark only one oval.

- 0-5
- 5-10
- 10-15
- 15-20
- 20+

6. How many days this week did you engage in a fitness activity? (A fitness activity is any strenuous activity that lasts for at least 30 minutes). *

Mark only one oval.

- 0
- 1
- 2
- 3
- 4
- 5
- More than 5 times

Bonus Section

7. Did you attend BINGO night this week? *

Mark only one oval.

- Yes
- No

8. Did you watch and complete any activities in the Fitness Challenge videos this week? *

Mark only one oval.

Yes

No

We want to know!...Use the next section to tell us how it's going!

9. Have you had any success or challenges this week?

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