

Eckert Fitness Group

PHYSICAL FITNESS AWARDS PROGRAM

To earn the Physical Fitness Award all participants must complete 5 or more of the following exercises at least 3 days a week for 4 weeks. Completed forms must be either emailed to sports@eckertfitnessgroup.com, faxed to 717-650-6547, or mailed to our office at 2820 Whiteford Rd., York, PA 17402 no later than Day 5 of camp season. DO NOT TURN IN TO COACH. Award certificates will be given out on the final day of camp.

Ages 5 and 6	Ages 7 thru 12
A. 10 Push-ups (modified for girls)	A. 10 Push-ups (modified for girls)
B. 10 Squat Thrusts	B. 10 Squat Thrusts
C. 15 Sit-ups	C. 25 Sit-ups
D. 25 Jumping Jacks	D. 50 Jumping Jacks
E. 20 Mountain Climbers	E. 40 Mountain Climbers
F. 10 Sprints (10 yards)	F. 20 Sprints (10 yards)
G. 5 Minute Jog	G. 10 Minute Jog
H. Jump Rope (2 minutes)	H. Jump Rope (4 minutes)
I. Run Stairs (10 times)	I. Run Stairs (20 times)

Write the letters in the box under the day that the exercises were completed. For example, if you do 10 push-ups, 15 sit-ups, 25 jumping jacks, 5 minute jog, and run stairs you would write A, C, D, G, I.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	PARENT INITIAL
Wk.1								
Wk. 2								
Wk. 3								
Wk. 4								

DO NOT TURN IN TO COACH. FORM MUST BE EMAILED, FAXED OR MAILED. PLEASE SEE ABOVE.

(Please write clearly as your child's name will be printed on the certificate)

Child's First Name: _____ Child's Last Name: _____ Age: _____

Camp Location Your Child is Attending: _____

DEDICATION

PERSEVERANCE

DISCIPLINE

COMMITMENT

"The Qualities That Make a Champion"