

Dads & Kids: 90-Day

Health & Fitness Challenge

Example Scoring Sheet

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|  | Point Totals By Week | | | | | | | | | | | | |  |
| Families | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | Finale | Total |
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