

Lead Olympics 2016

August 5th - 21st, 2016

Review the Rules and register for the event here:

leadpilates.com/lead-olympics

You are responsible for keeping track of your own points

You have 3 opportunities to submit your points:

August 10 (points earned August 5-9th)

August 16 (points earned August 10-15th)

August 22 (points earned August 16-21st)

Please email your points to info@leadpilates.com and use Lead Olympics Points in your subject line.

In your email be sure to list the points you have earned in that reporting period and what colour team you are on.

Good luck to all teams!!!!

TIPS

The points tracker prints best in Landscape mode

Each week has its own tab in the spread sheet

Prefer to track manually? Print the point tracker and record on the print off

Print the spreadsheet to PDF and attach to your email to Lead

Lead Olympics 2016

August 5th - 9th, 2016

Submit on August 10th

Name:

Team Color:

| Event | Challenge | Points | Fri, Aug 5 | Sat, Aug 6 | Sun, Aug 7 | Mon, Aug 8 | Tue, Aug 9 | Total | |
|--|---|--------|------------|------------|------------|------------|------------|---------------------|----------|
| Hydration | drink 8 cups per day | 1 | | | | | | 0 /5 | |
| Magic Circle Walking (Max 2 points per day, choose 1) | full walk around reformers OR 2 minutes each direction | 2 | | | | | | 0 /10 | |
| | half way around reformers OR 1 minute each direction | 1 | | | | | | | |
| Random Act of Kindness | Random Act of Kindness is noticed | 1 | | | | | | 0 no maximum! | |
| Sleep | Practicing helpful night time routine | 2 | | | | | | 0 /10 | |
| Vegetables and Fruits | 2/3 recommended servings of your daily fruits and veg are vegetables | 3 | | | | | | 0 /15 | |
| Shake up Your Routine | Shake it up in one of these ways: (each way 2 points) New Class, bring a friend, double header, new instructor, try a clinic treatment | 2 | | | | | | 0 no maximum! | |
| Strength | Minute long plank with excellent form | 1 | | | | | | 0 no maximum! | |
| Balance | Practice balance while brushing your teeth | 1 | | | | | | 0 no maximum! | |
| Posture | Focus on posture 3 times a day - 3 points per day | 3 | | | | | | 0 /15 | |
| Katy Says | Spend at least 20 minutes in the day on the floor | 5 | | | | | | 0 /25 | |
| | Look to the horizon as often as you can remember | 2 | | | | | | 0 /10 | |
| Bonus Social Media Points | Check Lead's Social Media Accounts! | ? | | | | | | 0 no maximum! | |
| Once Per Week Events | | | | | | | | | |
| Fascia | Roll your fascia for at least 5-10 minutes, at least 3 times this week. (Do not count these points until you have completed all 3 times.) | 3 | | | 0 | | | 0 /3 | |
| Flexibility | Stretch for at least 5 minutes, at least 3 times this week. (Do not count these points until you have completed all 3 times.) | 3 | | | 0 | | | 0 /3 | |
| | | | | | | | | Total Points | 0 |

Lead Olympics 2016

August 10th - 15th, 2016

Submit on August 16th

Name:

Team Color:

| Event | Challenge | Points | Wed, Aug 10 | Thu, Aug 11 | Fri, Aug 12 | Sat, Aug 13 | Sun, Aug 14 | Mon, Aug 15 | Total | |
|---|---|--------|-------------|-------------|-------------|-------------|-------------|-------------|---------------------|----------|
| Hydration | drink 8 cups per day | 1 | | | | | | | 0 /6 | |
| Magic Circle Walking (Max 2 points per day, choose 1) | full walk around reformers OR 2 minutes each direction | 2 | | | | | | | 0 /12 | |
| | half way around reformers OR 1 minute each direction | 1 | | | | | | | | |
| Random Act of Kindness | Random Act of Kindness is noticed | 1 | | | | | | | 0 no maximum! | |
| Sleep | Practicing helpful night time routine | 2 | | | | | | | 0 /12 | |
| Vegetables and Fruits | 2/3 recommended servings of your daily fruits and veg are vegetables | 3 | | | | | | | 0 /18 | |
| Shake up Your Routine | Shake it up in one of these ways: (each way 2 points) New Class, bring a friend, double header, new instructor, try a clinic treatment | 2 | | | | | | | 0 no maximum! | |
| Strength | Minute long plank with excellent form | 1 | | | | | | | 0 no maximum! | |
| Balance | Practice balance while brushing your teeth | 1 | | | | | | | 0 no maximum! | |
| Posture | Focus on posture 6 times a day - 3 points per day | 3 | | | | | | | 0 /18 | |
| Katy Says | Spend at least 20 minutes in the day on the floor | 5 | | | | | | | 0 /30 | |
| | Look to the horizon as often as you can remember | 2 | | | | | | | 0 /12 | |
| Bonus Social Media Points | Check Lead's Social Media Accounts! | ? | | | | | | | 0 no maximum! | |
| Once Per Week Events | | | | | | | | | | |
| Fascia | Roll your fascia for at least 5-10 minutes, at least 3 times this week. (Do not count these points until you have completed all 3 times.) | 3 | | | | 0 | | | 0 /3 | |
| Flexibility | Stretch for at least 5 minutes, at least 3 times this week. (Do not count these points until you have completed all 3 times.) | 3 | | | | 0 | | | 0 /3 | |
| | | | | | | | | | Total Points | 0 |

Lead Olympics 2016

August 16th - 21st, 2016

Submit on August 22th

Name:

Team Color:

| Event | Challenge | Points | Tue, Aug 16 | Wed, Aug 17 | Thu, Aug 18 | Fri, Aug 19 | Sat, Aug 20 | Sun, Aug 21 | Total | |
|---|---|--------|-------------|-------------|-------------|-------------|-------------|-------------|---------------------|----------|
| Hydration | drink 8 cups per day | 1 | | | | | | | 0 /6 | |
| Magic Circle Walking (Max 2 points per day, choose 1) | full walk around reformers OR 2 minutes each direction | 2 | | | | | | | 0 /12 | |
| | half way around reformers OR 1 minute each direction | 1 | | | | | | | | |
| Random Act of Kindness | Random Act of Kindness is noticed | 1 | | | | | | | 0 no maximum! | |
| Sleep | Practicing helpful night time routine | 2 | | | | | | | 0 /12 | |
| Vegetables and Fruits | 2/3 recommended servings of your daily fruits and veg are vegetables | 3 | | | | | | | 0 /18 | |
| Shake up Your Routine | Shake it up in one of these ways: (each way 2 points) New Class, bring a friend, double header, new instructor, try a clinic treatment | 2 | | | | | | | 0 no maximum! | |
| Strength | Minute long plank with excellent form | 1 | | | | | | | 0 no maximum! | |
| Balance | Practice balance while brushing your teeth | 1 | | | | | | | 0 no maximum! | |
| Posture | Focus on posture 6 times a day - 3 points per day | 3 | | | | | | | 0 /18 | |
| Katy Says | Spend at least 20 minutes in the day on the floor | 5 | | | | | | | 0 /30 | |
| | Look to the horizon as often as you can remember | 2 | | | | | | | 0 /12 | |
| Bonus Social Media Points | Check Lead's Social Media Accounts! | ? | | | | | | | 0 no maximum! | |
| Once Per Week Events | | | | | | | | | | |
| Fascia | Roll your fascia for at least 5-10 minutes, at least 3 times this week. (Do not count these points until you have completed all 3 times.) | 3 | | | | 0 | | | 0 /3 | |
| Flexibility | Stretch for at least 5 minutes, at least 3 times this week. (Do not count these points until you have completed all 3 times.) | 3 | | | | 0 | | | 0 /3 | |
| | | | | | | | | | Total Points | 0 |