Teams score 1 point per match, 5 points per correctly answered question, and 5 points if the team’s heart rate zone representative finishes a round of play in a target zone.

|  |  |  |  |
| --- | --- | --- | --- |
| **Round** | **Point Category** | **Team 1** | **Team 2** |
| R1 | Match Points (1 per match) |  |  |
| R1 | Question Points (5 per correct) |  |  |
| R1 | Heart Rate Zone Points (5 for target) |  |  |
| **R1** | **Total Round 1** |  |  |
| R2 | Match Points (1 per match) |  |  |
| R2 | Question Points (5 per correct) |  |  |
| R2 | Heart Rate Zone Points (5 for target) |  |  |
| **R2** | **Total Round 2** |  |  |
| R3 | Match Points (1 per match) |  |  |
| R3 | Question Points (5 per correct) |  |  |
| R3 | Heart Rate Zone Points (5 for target) |  |  |
| **R3** | **Total Round 3** |  |  |
| R4 | Match Points (1 per match) |  |  |
| R4 | Question Points (5 per correct) |  |  |
| R4 | Heart Rate Zone Points (5 for target) |  |  |
| **R4** | **Total Round 4** |  |  |
| R5 | Match Points (1 per match) |  |  |
| R5 | Question Points (5 per correct) |  |  |
| R5 | Heart Rate Zone Points (5 for target) |  |  |
| **R5** | **Total Round 5** |  |  |
| **FINAL SCORE** |  |  |