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| **PUSH-UP SKI TEAM ROUND 1** |
| Date of Ski Trials |  |
| Student Names |  |
| Player 1 Push-ups |  | *Total # of push-ups in this round* |
| Player 2 Push-ups |  | *Total # of push-ups in this round* |
| Avg.HR Player 1 |  |  *(ck box if in Target HR Zone)* |
| Avg.HR Player 2 |  | **** *(ck box if in Target HR Zone)* |
| Avg.HR Player 3 |  | **** *(ck box if in Target HR Zone)* |
| Total Score |  | *= Push-ups + Heart Rates* |

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| **PUSH-UP SKI TEAM ROUND 2** |
| Player 2 Push-ups |  | *Total # of push-ups in this round* |
| Player 3 Push-ups |  | *Total # of push-ups in this round* |
| Avg.HR Player 1 |  |  *(ck box if in Target HR Zone)* |
| Avg.HR Player 2 |  | **** *(ck box if in Target HR Zone)* |
| Avg.HR Player 3 |  | **** *(ck box if in Target HR Zone)* |
| Total Score |  | *= Push-ups + Heart Rates* |

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| **PUSH-UP SKI TEAM ROUND 3** |
| Player 3 Push-ups |  | *Total # of push-ups in this round* |
| Player 1 Push-ups |  | *Total # of push-ups in this round* |
| Avg.HR Player 1 |  |  *(ck box if in Target HR Zone)* |
| Avg.HR Player 2 |  | **** *(ck box if in Target HR Zone)* |
| Avg.HR Player 3 |  | **** *(ck box if in Target HR Zone)* |
| Total Score |  | *= Push-ups + Heart Rates* |

**FINAL SCORE =** *(Sum of totals from all rounds)*