

# FOUNDER REGION SOROPTIMIST

*Love Your Heart, Love Yourself Exercise Challenge!*

## INDIVIDUAL POINT RECORD

**For Use by Individual Member Participants**

Updates and forms also available online at [www.si-noyosunrise.org](http://www.si-noyosunrise.org)

Watch for Updates on this and the Founder Region Website!

**Club Participants, please track your exercise points on this form. Email or somehow get this to your Club Scorekeeper at least weekly**

**Her email is: \_\_\_\_\_**

**Add pages as necessary**

(See equivalency points and competition rules on previous pages)

**NAME:**

**AGE:**

**DISTRICT:**

**CLUB:**

DATE	ACTIVITY	POINTS	NOTES
<b>TOTAL POINTS THIS PAGE:</b>			
<b>TOTAL ACCUMULATED POINTS:</b>			