

sport  fit™

CHALLENGE

MY SCORE

Vertical Jump (nearest 1cm)		
Sit and Reach (nearest 0.5cm)		
Partial Curl-Ups (reps)		
30m Sprint (nearest 0.1sec)		
Stork Stand (nearest 1sec)		
T-Drill (nearest 0.1sec)		
Basketball Throw (nearest 0.05m)		
800m Run (nearest 1 sec)		

Supported by:

Canada



Challenge ID:

Find the Sports that Fit at Home!

Once you have completed the SportFit Challenge stations listed on the back, simply follow the steps below to find the sports that fit you!

- 1 Go to SportFitCanada.com.
- 2 Select **Take the SportFit Challenge** on the top navigation menu.
- 3 Select **I am a Student or Participant**.
- 4 Enter the Challenge ID number listed above and complete the registration.
- 5 Enter your Activity Station results recorded on the back of this page. For Activity Stations that were not completed, please enter 0.
- 6 Print your SportFit certificate! If you received special SportFit paper, please select **Print my certificate on special SportFit paper**.



SportFitCanada.com