

Student Name	Challenge ID Number	Vertical Jump	Sit & Reach	800m Run	Partial Curl-Up	30m Sprint	Stork Stand	T-Drill	Ball Throw
To Nearest:		1 cm	1 cm	1 sec	Reps	.1 sec	1 sec	.1 sec	.1 m

Once you have completed the SportFit Challenge stations you can follow the steps below to find some sports you may want to try!

- 1) Go to www.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 below.
- 5) Enter your results recorded above. For Challenge stations that were not completed, please enter 0.
- 6) Print your SportFit certificate!

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