

Club Name:							
Church:							
Director:							
Number of Pathfinders:							
Number of Staff:							
Fotal Number Attending:							
Date: October 6th, 2024 Time : 8:30am-9:30am	(Registration) 10:00am (activities)						
ndicate which location you will be attending:	PAAAdventist Fellowship						
	Location: Adventist Fellowship						
4201 N Martin Luther King Jr Ave							
Oklahoma City, OK 73111	Tulsa, OK 74134						
Submit by September 29th to: Youth@okadve Participant Names:	entist.org – 4735 NW 63rd St OKC, OK 73						
•	Age:						
•	Age:						
•	Age:						
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	Age:						



Oklahoma Conference Youth Ministries Fall into Fitness Score Sheet



Club Name:	Director Name:	Date:

Name	Age	Sex F/M	1 Mile Run	Curl-ups	Push Ups	Trunk Lift	Sit & Reach Right/Left	Mod Pull- ups	Flexed Arm Hang	Shoulder Stretch Right/Left	*Result HZ/P
			Nome A	Name Age F/M Run	Name Age F/M Run Curi-ups	Name Age F/M Run Curi-ups Push Ups	Name Age F/M Run Curr-ups Push Ups Lift	Name Age F/M Run Curi-ups Push Ups Lift Right/Left	Name Age F/M Run Curi-ups Push ups Lift Right/Left ups	Name	Name Age F/M Run Curl-ups Push Ups Lift Right/Left Ups Hang Stretch Right/Left Right/Left Ups Hang Stretch Right/Left Curl-ups Hang Stretch Right/Left Curl-ups Hang Curl-ups Hang Right/Left Curl-ups Hang Curl-ups Hang Right/Left Curl-ups Hang Right/Left Curl-ups Hang Right/Left Curl-ups Hang Right/Left Right/Left



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Oklahoma Conference Youth Ministries Fall Into Fitness Score Sheet



	Club Name:	Director Name:						Date:				
	Name	Age	Sex F/M	1 Mile Run	Curl- ups	Push Ups	Trunk Lift	Sit & Reach Right/Left	Mod Pull-ups	Flexed Arm Hang	Shoulder Stretch Right/Left	*Result HZ/P
24												
25												
26												
27												
28												
29												
30												
31												
32												
33												
34												
35												
36												
37												
38												
39												
40												
41												
42						_	_					
43												
44												
45								_				