

# Climbing

Gym workout score card / (honor competition).

feedback: [Hans@fitnessrank.com](mailto:Hans@fitnessrank.com)

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	Values		Jane			Jack			Jill		
	First go	Repeats	score	"tally" First gos	Tally Repeats	score	"tally" First gos	Tally Repeats	score	"tally" First go	Tally Repeats
A	Moves on 5.6*	1	1	0					0		
A	Redpoint 5.6	2	1	0							
B	1fall,2, 3 on 5.7	2,1	1								
B	Redpoint 5.7	3	2	0					0		
C	1fall,2, 3 on 5.8	4,2,0	1*								
C	Redpoint 5.8	6	2	0					0		
D	1fall,2,3 on 5.9	7,5,3	3*								
D	Redpoint 5.9	10	4	0					0		
E	1fall,2,3 on 5.10	12,8,4	4*								
E	Redpoint 5.10	18	8	0					0		
F	1fall,2,3 on 5.11	18,10,5	7*								
F	Redpoint 5.11	30	17	0					0		
G	1fall,2,3 on 5.12	30,18,12	15*								
G	Redpoint 5.12	50	29	0					0		
H	1fall,2,3 on 5.13	50,35,20	25*								
H	Redpoint 5.13	80	45	0					0		
I	1fall,2,3 on 5.14	80,55,35	40*								
I	RedPoint 5.14	120	70	0					0		
	<b>Route Score:</b>			←			←			←	
J	Push-ups/1 pt for 3, use knees 1 for 6			0							
K	Sit-ups, or ab	1 point per five		0							
L	Pull-ups	1	1	0							
M	Lunges or squats	1 pt per 8(4each leg)		0							
N**	Bar Dips	1 pt per two		0							
O**	AbRlrs 1 fr 1 / bck extns 1 for 4			0							
P**	aerobic machines(1pt per 3 calories)			0							
	<b>Exercise score:</b>			←			←			←	
Q	V0	2	1	0					0		
R	V1	3	1	0				V1	0		V1
S	V2	8	4	0				V2	0		V2
T	V3	12	6	0				V3	0		V3
U	V4	20	10	0				V4	0		V4
V	V5	30	15	0				V5	0		V5
W	V6	45	22	0				V6	0		V6
X	V7	60	30	0				V7	0		V7
Y	V8	80	40	0				V8	0		V8
Z	V9	100	50	0				V9	0		V9
AA	V10	120	60	0				V10	0		V10
	<b>Boulder Problem score:</b>			←			←		←		
	Basic scores:			←	total three scores		←	total three scores		←	total three scores
	Route bonuses:			⚙			⚙			⚙	
	Boulder bonuses:			★			★			★	
	Variety bonuses:			😊			😊			😊	
	<b>Grand Total</b>			0	Add the ← ★ 😊		add ← ⚙ ★ 😊		add ← ⚙ ★ 😊		

\* Max points on repeats are the number designated, i.e. 8 pts for 5.10 redpoint repeats. Limit five repeats on boulder problems or routes. You must only hang on the route two OR LESS times for "non RedPoint" repeat ascents. (three hangs then give yourself 1 point)

\*\* substitute exercises of your own. note on running: 8 points per 1/4 mile on treadmill, (level setting), or actual running. You can NOT get the redpoint first go points AND the moves first go points for the same route.

Bonuses and other notes:

For routes: There is no point difference for leading or Top rope, nor for onsight or previous experience.

For boulder problems: ascending the problem on your 1st, 2nd or 7th attempt gives you the "first go" points.

⚙ route bonus: 10 different routes: 10 points, 15 rtes: 20 pts / 20rts:35pts / 25r:50p / 30r:70p / 35r:90p / 40r:115p / 45r:145 / 50r:180 / 55r:220 / 60r:265 / 65r:315

★ boulder bonus: 10 different Probs: 3points / 15 probs: 8pts / 20:15pts / 25:25 / 30:35 / 35:45 / 40:60 / 45:80 / 50:105 / 55:135 / 60:170 / 65:210 / 70:255 / 75:305

😊 variety bonus: number of different grades, exercises, routes and problems. Letters: ABC..7 different letter categories: 5 points / 8:10 / 9:15 / 10:20

😊 11:25, 12:30, 13:35, 14:45, 15:55, 16:70, 17-90, 18-120, 19-155, 20-195, 21-240, 22-290, 23-345, 24-405, 25-470, 26-540,

for other workout sheets or blanks of this sheet: <http://fitnessrank.com/workoutsheets>

email [hans@fitnessrank.com](mailto:hans@fitnessrank.com) if you have questions on how to use this log sheet.

