

Are You a

Can you train like an Olympian?

Are you ready for a challenge?

Musical Legend?

- ❖ Keep a record of your musical activities like the sample below.
- ❖ **Can you score above 500 points?** If so, [click here](#) to email your activity table.
- ❖ Be sure to send your results by **Sunday** each week.
- ❖ The challenge starts each Monday morning.
- ❖ Top results will be published in *Behind the Green Gate* each week!
- ❖ Here's the points table:

ACTIVITY	DETAILS	POINTS
Practice	10 minutes	25
	20 minutes	50
	30 minutes	100
	45 minutes	150
	60 minutes	200
Ensemble rehearsal	Attend online	100
Instrumental lesson	Attend online	100
Mini concert at home	Perform for your family	100
BONUS	5 consecutive days of practice	100
BONUS	7 consecutive days of practice	200

Sample activity table:

DAY	ACTIVITY	POINTS
Monday	30-minute practice	100
Tuesday	20-minute practice	50
Tuesday	Ensemble rehearsal	100
Wednesday	20-minute practice	50
Thursday	20-minute practice	50
Friday	Instrumental lesson	100
Friday	20-minute practice	50
Saturday	10-minute practice	25
	Bonus 5 consecutive days of practice	100
	TOTAL	625