

Personal Worksheet for 2017 CF Games Open



MY PERFORMANCE HISTORY

2011			2012			2013			2014			2015			2016		
WOD	My Score	My Ranking	WOD	My Score	My Ranking	WOD	My Score	My Ranking	WOD	My Score	My Ranking	WOD	My Score	My Ranking	WOD	My Score	My Ranking
11.1			12.1			13.1			14.1			15.1A			16.1		
11.2			12.2			13.2			14.2			15.1B			16.2		
11.3			12.3			13.3			14.3			15.2			16.3		
11.4			12.4			13.4			14.4			15.3			16.4		
11.5			12.5			13.5			14.5			15.4			16.5		
11.6												15.5					

Most Common					Next Most Common				
Gymnastics	Max Unbroken	Barbell	Max Unbroken	Mono / High Rep	Max Unbroken	Gymnastics	Max Unbroken	Barbell	Max Unbroken
Chest to Bar		Snatch (135/75)		WallBall (20lb/14lb)		Step Ups (2x)		Overhead Squat	
Toes To Bar		Thrusters (95/64)		Double Unders				Push Press (115/75)	
Muscle Ups		Clean (135/95)		Burpees (6")				Heavy-ish Jerk	
Bar Muscle Ups		Deadlift (135/95)		Box Jump (24/20)				Heavy-ish Snatch	
		Heavy-ish Clean		Row					

My 2017 CF Games Open Scores

17.1	17.2	17.3	17.4	17.5	17.6
Gameplan:	Gameplan:	Gameplan:	Gameplan:	Gameplan:	Gameplan:
Score:	Score:	Score:	Score:	Score:	Score: