**SFL 2021 FITNESS SCORECARD**

**[Your name]:**

**I’m a [Choose one]:**

 Visually Impaired Person

 Mobility Impaired Person

 Ski Guide

 Other

**I'm working [Choose one]:**

 Solo With a Partner [Name]

*Please record the number of minutes you engaged in physical activity each day, either during SFL’s Zoom sessions and/or fitness activities on your own (“Personal”).*

**Wednesday 1/27:**

 Zoom:

 Personal:

**Thursday 1/28:**

 Zoom:

 Personal:

**Friday 1/29:**

 Zoom:

 Personal:

**Saturday 1/30:**

 Physical activity time completed or pledged:

**TOTAL MINUTES FOR ALL DAYS:**

Below, please list all the fitness activities you engaged in, perhaps including a short narrative about what you particularly enjoyed, how it fit in with your usual exercise program or helped you up your game. We plan to spotlight some scores and stories during our Saturday evening program, so try and capture a “fitness challenge selfie” photo, audio narration or video (1-2 minutes max) to submit along with this form.

Rename this file as your last name underscore first name (ex. Smith\_Jane), and submit it and any photo/media files [via Dropbox](https://www.dropbox.com/request/xyhV5vDKWlrSZdxlh7Rc) by **2 p.m. EST on Saturday, Jan. 30** to be included in that evening’s awards. We’ll continue to gather fitness material to post on our website and Facebook after our event, for all to cheer; submit via Dropbox or email to jycoppens@gmail.com by Saturday, Feb. 6. And if you wish to share your triumphs on your own social media pages, be sure to tag @SkiforLight and use the hashtag #SFL2021.

The Dropbox link is: <https://www.dropbox.com/request/xyhV5vDKWlrSZdxlh7Rc>

Note to screen-reader users: The procedure to upload your scorecard or other files to Dropbox can be a bit challenging. Here are some step-by-step tips to help you upload your files successfully.

Note, These steps were used on a Windows 10 PC and the steps used for your computer may be different.  JAWS users can use their shortcut keys to find headings and buttons for quicker navigation.

1. Make sure you have filled out the scorecard and saved it in your computer with a file name showing your last name, an underscore and then your first name.

2. Locate the link we provide for uploading your files in either the fitness scorecard document (near the end) or in the Focus on Fitness web page at [www.sfl.org/events/focus](http://www.sfl.org/events/focus), under the heading Personal Fitness Challenge.

3. Activate the link and a page should open up with a heading that says Submit files - Drop Box

When arrowing down the page it will say Julie Coppens dent you this request, and then SFL Virtual Event Participant Success Stories.

Keep arrowing down to where there is a button that says Choose Files.  The Choose Files button will probably say menu collapsed, so press space bar or enter to expand the menu.

Press the Tab key once and it should say Files From Computer, then press enter. This should put you on the edit box called file name.

4. To move from here and browse through your computer's folders to locate the file you want to upload, press the key combination shift tab twice.

Once you have located the correct folder, move the cursor to the file to be uploaded.

Press the tab key until you reach the Open button, then press enter.

The file should upload and you will be returned to the main Drop Box page.

5. When arrowing down the page you should hear it report that the file is there. Tab till you hear upload file and then hit enter. If you have installed the Drop Box app on your computer, it should send you an email saying files have been uploaded.