

**Reserviläisurheiluliitto ry
KUNTOKORTTI**

Vuosi:

RES yh

Nimi:

LUOKKAVAATIMUKSET

- III lk 50 pistettä vuodessa
- II lk 100 pistettä vuodessa
- I lk 150 pistettä vuodessa (väh 100 suoritusta)
- M lk 5 vuotena I lk:n vaatimus
- SM lk 15 vuotena I lk:n vaatimus

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | Yht | | | | | |
|--------|------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|--|--|--|--|--|
| Tammi | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Helmi | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Maalis | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Huhti | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Touko | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kesä | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Heinä | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Elo | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Syys | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Loka | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marras | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Joulu | Laji | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Pist | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Lajit H = hiihto R = polku- tai laturetki Y = yleisurheilu
 J = juoksu P = pyöräily
 K = kävely S = suunnistus M = jokin muu
 L = luistelu SM = soutu ja melonta
 LE = lentopallo V = voimistelu
 PP = muut pallopelit U = uinti

Pisteytys
 1/2 tunnin suoritus 1 piste
 1 1/2 tunnin suoritus 2 pistettä
 Yli 3 tunnin suoritus 3 pistettä (max / päivä)

Merkintä esim: K10 = 10 km kävely
 U1/2 = 1/2 tunnin uinti