NMAA POWERLIFT TALLY SHEET

This form is for tracking purposes only and will NOT be accepted for official scoring.

GENDER:	DATE:	

				SQUAT			BENCH				DEADLIFT				1	
wc	BW	LAST	FIRST	1ST	2ND	3RD	BEST	1ST	2ND	3RD	BEST	1ST	2ND	3RD	BEST	TOTAL
***		LAOT	TIKOT	101	ZIVD	SIND	BLOT	101	ZIND	SIND	BLOT	101	ZIVD	SILD	BLOT	TOTAL
			1													