NMAA POWERLIFT TALLY SHEET

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

GENDER: _____ **DATE:** _____

				SQUAT				BENCH				DEADLIFT				
WC	**BW**	**LAST**	**FIRST**	1ST	2ND	3RD	**BEST**	1ST	2ND	3RD	**BEST**	1ST	2ND	3RD	**BEST**	**TOTAL**