

TOUGH MUDDER CHALLENGES



Date Started:	
End Date:	

FIJI CHALLENGE

Complete 4 Challenges in 21 days (Mount Tomanivi, Viti Levu, Island Hopping, Waterfall), then complete 2 of 4 additional challenges each week.

	Mount Tomanivi	Viti Levu	Island Hopping			Waterfall
	Elevation (feet)	Distance (miles)	Lateral Jumps	Mountain Climbers	Squat Jumps	Date Completed:
Challenge:	4,344	66	333	333	333	
Completed:	0	0	0	0	0	
Remaining:	4,344	66	333	333	333	
WEEK 1						Choose 2 of 4:
						<div>Trick Shot</div> <div>Quarantine Cuts</div> <div>Eco Warrior</div> <div>The Gauntlet</div>
Date:						
Date:						
Date:						
Date:						
Date:						
Date:						
WEEK 2						Choose 2 of 4:
						<div>Oh, Baby</div> <div>LEGenDArY</div> <div>Mudder vs Wild</div> <div>Gone Fishing</div>
Date:						
Date:						
Date:						
Date:						
Date:						
Date:						
WEEK 3						Choose 2 of 4:
						<div>Can You Bear It?</div> <div>The Final Countdown</div> <div>#YIKES</div> <div>Waterworks</div>
Date:						
Date:						
Date:						
Date:						
Date:						
Date:						

ARE YOU UP FOR THE CHALLENGE?