

TOUGH MUDDER CHALLENGES



Date Started:	
End Date:	

Expedition Antarctica

This tracker is for personal use only. Please continue submitting your progress via FitRankings. Do not submit tracker to Tough Mudder.

Complete 4 Challenges in 21 days (You're Sheeting Me, Pen-guin and Bear It, The Cold Burn, Turn the Heat Hoff), then complete 2 of 4 additional challenges each week.

	You're Sheeting Me	Pen-guin and Bear It	The Cold Burn				
	Elevation (metres)	Distance (kilometres)	Front to Back Lunges	Yoga Pushups	Pike Leg Lift Overs	Squat to Side Lunge	Superman
Challenge:	1,300	113	200	200	200	200	200
Completed:							
Remaining:							

Turn the Heat Hoff
Date Completed:

WEEK 1

Date:							
Date:							
Date:							
Date:							
Date:							
Date:							

WEEK 2

Date:							
Date:							
Date:							
Date:							
Date:							
Date:							

WEEK 3

Date:							
Date:							
Date:							
Date:							
Date:							
Date:							

Choose 2 of 4:

Highway to Spell	Rope A Dope	Look Ma, No Hands	Polar Plunge

Choose 2 of 4:

Layer Up	You CAN Do It	Two's Company	Feet of Strength

Choose 2 of 4:

Last Call	Jingle Bells	D'ice Challenge	Tough Cookie

ARE YOU UP FOR THE CHALLENGE?