

TOUGH MUDDER CHALLENGES



Date Started:

End Date:

MARVEL EDITION

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 (Black Panther's Mount Bashenga, Ant-Man's Block Party, Marvel Mania & Searching for Infinity Stones), then complete 2 of 4 additional challenges each week.

| | Black Panther's Mount Bashenga | Ant-Man's Block Party | Marvel Mania | | | | |
|------------|--------------------------------|-----------------------|--------------|-------------|------|----------------|-----------------|
| | Elevation (metres) | Distance (kilometres) | Wolverine | Black Widow | Thor | Captain Marvel | Captain America |
| Challenge: | 1,497 | 130 | 200 | 400 | 200 | 400 | 200 |
| Completed: | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Remaining: | 1,497 | 130 | 200 | 400 | 200 | 400 | 200 |

Searching for Infinity Stones

Date Completed:

| WEEK 1 | | | | | | | Choose 2 of 4: | | | |
|--------|--|--|--|--|--|--|---------------------------|-----------------------|----------------|-----------------------------|
| | | | | | | | Fantastic Four Hero Carry | Rocket's Refreshments | Avengers Tower | Black Widow's Balancing Act |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |

| WEEK 2 | | | | | | | Choose 2 of 4: | | | |
|--------|--|--|--|--|--|--|------------------------|------------|-------------------|-----------------------------|
| | | | | | | | Hang Tight, Ms. Marvel | Hulk Smash | Avengers Assemble | Captain America in Training |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |

| WEEK 3 | | | | | | | Choose 2 of 4: | | | |
|--------|--|--|--|--|--|--|-------------------------|-----------------------|--------------------|-----------------|
| | | | | | | | Daredevil: Without Fear | Galactus the Devourer | Quicksilver Cardio | Luke Cage Crawl |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |
| Date: | | | | | | | | | | |

ARE YOU UP FOR THE CHALLENGE?