

# TOUGH MUDDER CHALLENGES



Date Started: \_\_\_\_\_  
 End Date: \_\_\_\_\_

## Mission: Sea to Space

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 (Earn Your Wings, Out Of This World, Rise and Shine & Afraid Knot), then complete 2 of 4 additional challenges each week.

	Earn Your Wings	Out Of This World	Rise and Shine				
	Elevation (metres)	Distance (kilometres)	Bwd. Crawl to Frog Jumps	Candlestick Rollups	Crab Toe Touches	High Knees to Toe Touches	Plank Taps
Challenge:	1,524	100	200	200	200	200	200
Completed:							
Remaining:							

**Afraid Knot**  
 Date Completed: \_\_\_\_\_

### WEEK 1

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

### Choose 2 of 4:

Battle Buddies	Field Hygiene	Grab and Drag	#PerformSmart

### WEEK 2

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

### Choose 2 of 4:

Flight Club	Head Over Heels	The Navigator	Dark Ops

### WEEK 3

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

### Choose 2 of 4:

Murph Workout	Codebreaker	Flame Grilled	Camo Crawl

# ARE YOU UP FOR THE CHALLENGE?