



MONTHLY CHALLENGE

February: Farmers Carry

★ Each circle indicates completion of a certain distance of Farmers Carry

★ You choose the object and weight!

★ You may complete ONE circle per day

20 Meters	40 Meters	60 Meters	40 Meters	60 Meters	80 Meters	80 Meters	80 Meters	80 Meters
100 Meters	100 Meters	140 Meters	100 Meters	160 Meters	120 Meters	180 Meters	120 Meters	200 Meters



AFTER FILLING ALL THE CIRCLES, TURN IN COMPLETED SHEET FOR A Reward!