

# MURPH PREP CHALLENGE

- ★ Each circle indicates completion of a certain task
- ★ You may complete two circles per day

400m run	30 Pull Ups	50 squats	30 Push Ups	800m run	40 Pull ups	40 Push ups	50 Squats	
50 Pull ups	50 Squats	50 Push ups	800m Run	35 Push ups	60 squats	40 Pull ups	800m Run	60 pull ups
60 Squats	30 Push ups	1 mile run	50 Pull ups	50 squats	70 push ups	1 mile run	Murph!	

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