

OCTOBER 2026 CHALLENGE

NAME _____

ROW 100,000 METERS IN 30 DAYS. VERIFY ENTRIES WITH AN ATTENDANT AT THE JIM THORPE FITNESS CENTER FRONT DESK.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 _____ DISTANCE	2 _____ DISTANCE	3 _____ DISTANCE
4 _____ DISTANCE	5 _____ DISTANCE	6 _____ DISTANCE	7 _____ DISTANCE	8 _____ DISTANCE	9 _____ DISTANCE	10 _____ DISTANCE
11 _____ DISTANCE	12 _____ DISTANCE	13 _____ DISTANCE	14 _____ DISTANCE	15 _____ DISTANCE	16 _____ DISTANCE	17 _____ DISTANCE
18 _____ DISTANCE	19 _____ DISTANCE	20 _____ DISTANCE	21 _____ DISTANCE	22 _____ DISTANCE	23 _____ DISTANCE	24 _____ DISTANCE
25 _____ DISTANCE	26 _____ DISTANCE	27 _____ DISTANCE	28 _____ DISTANCE	29 _____ DISTANCE	30 _____ DISTANCE	31 _____ DISTANCE

TOTAL DISTANCE _____



Carlisle.ArmyMWR.com | 571-821-8485 | 23 Lovell Ave., Carlisle, PA 17013



NOVEMBER 2026 CHALLENGE

NAME _____

RUN OR WALK TWO MILES A DAY FOR 21 DAYS. VERIFY ENTRIES WITH AN ATTENDANT AT THE JIM THORPE FITNESS CENTER FRONT DESK.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ☐ RUN/WALK TWO MILES	2 ☐ RUN/WALK TWO MILES	3 ☐ RUN/WALK TWO MILES	4 ☐ RUN/WALK TWO MILES	5 ☐ RUN/WALK TWO MILES	6 ☐ RUN/WALK TWO MILES	7 ☐ RUN/WALK TWO MILES
8 ☐ RUN/WALK TWO MILES	9 ☐ RUN/WALK TWO MILES	10 ☐ RUN/WALK TWO MILES	11 ☐ RUN/WALK TWO MILES	12 ☐ RUN/WALK TWO MILES	13 ☐ RUN/WALK TWO MILES	14 ☐ RUN/WALK TWO MILES
15 ☐ RUN/WALK TWO MILES	16 ☐ RUN/WALK TWO MILES	17 ☐ RUN/WALK TWO MILES	18 ☐ RUN/WALK TWO MILES	19 ☐ RUN/WALK TWO MILES	20 ☐ RUN/WALK TWO MILES	21 ☐ RUN/WALK TWO MILES
22 ☐ RUN/WALK TWO MILES	23 ☐ RUN/WALK TWO MILES	24 ☐ RUN/WALK TWO MILES	25 ☐ RUN/WALK TWO MILES	26 ☐ RUN/WALK TWO MILES	27 ☐ RUN/WALK TWO MILES	28 ☐ RUN/WALK TWO MILES
29 ☐ RUN/WALK TWO MILES	30 ☐ RUN/WALK TWO MILES					

TOTAL NUMBER OF DAYS _____



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DECEMBER 2026 CHALLENGE

NAME _____

COMPLETE ALL 9 WORKOUTS IN ONE SESSION EACH ASSIGNED DAY. VERIFY ENTRIES WITH AN ATTENDANT AT THE JIM THORPE FITNESS CENTER FRONT DESK.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 _____	2	3 _____	4 _____	5
		12 MIN (EOM)		60 THRUSTERS	5,500 METER ROW	
6	7 _____	8	9 _____	10	11 _____	12
	600 METER FARMER'S CARRY		50 HAND RELEASE PUSH-UPS		6,000 METER ROW	
13	14 _____	15	16 _____	17	18 _____	19
	3 EACH 60 SECOND PLANKS		2 MILE RUN/WALK		6,500 METER ROW	
20	21	22	23	24	25	26
27	28	29	30	31		

DECEMBER 2026 CHALLENGE

WORKOUTS



1 December
12 Min (EOM) every min
1 Min 3 KBS 7 Min 21 KBS
2 Min 6 KBS 8 Min 24 KBS
3 Min 9 KBS 9 Min 27 KBS
4 Min 12 KBS 10 Min 30 KBS
5 Min 15 KBS 11 Min 33 KBS
6 Min 18 KBS 12 Min 36 KBS



3 December
60 Thrusters
Females: 10-35lb Barbell/DB
Males: 45-65lb Barbell/DB



4 December
5500 Meter Row



7 December
600 Meter Farmer's Carry:
100 meters - 6 each
Females: 20-30lb KB/DB
Males: 45-60lb KB/DB

WORKOUTS



9 December
50 Hand Release Push-Ups
(Modification: Kneeling Push-Ups)



11 December
6000 Meter Row



14 December
60 Second Planks - 3 each
(Modification: Kneeling Plank)



16 December
2 Mile Run/Walk



18 December
6500 Meter Row

CHECK OFF AS YOU COMPLETE THE 9 WORKOUTS. EACH MUST BE COMPLETED IN ONE WORKOUT SESSION DURING THE ASSIGNED DAY.

JANUARY 2027 CHALLENGE

NAME _____

DO 30 MINUTES OF CARDIO AND EAT HEALTHY FOR 21 DAYS. VERIFY ENTRIES WITH ATTENDANT AT THE JIM THORPE FITNESS CENTER FRONT DESK.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	2 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO
3 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	4 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	5 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	6 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	7 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	8 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	9 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO
10 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	11 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	12 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	13 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	14 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	15 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	16 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO
17 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	18 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	19 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	20 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	21 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	22 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	23 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO
24 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	25 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	26 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	27 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	28 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	29 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO	30 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO
31 ☐ HEALTHY EATING ☐ 30 MINUTES OF CARDIO						

DAYS WITH 30 MINS OF CARDIO _____

DAYS EATING HEALTHY _____

JANUARY 2027 CHALLENGE

	MEALS	VEGGIES	CARBS	PROTEINS	FRUITS	FATS	CALORIES
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
TOTAL CONSUMED							

USE A NEW CLEAN LIVING FOOD LOG DAILY. FEEL FREE TO COPY AS NECESSARY.

VEGETABLES

CUCUMBERS
CELERY
CARROTS
ASPARAGUS
BROCCOLI
ARTICHOKES
BEETS
BELL PEPPERS
BOK CHOI
BRUSSEL SPROUTS
CABBAGE
CAULIFLOWER
EGGPLANT
GREEN BEANS
LETTUCE
MUSHROOMS
SNOW PEAS
SPINACH
ZUCCHINI
SQUASH
SPROUTS
TOMATOES

FRUITS

STRAWBERRIES
BLUEBERRIES
RASPBERRIES
BLACKBERRIES
APPLES
GRAPEFRUIT
KIWI

PROTEINS

CHICKEN BREAST
EGGS
TUNA
TILAPIA
SALMON
TURKEY
CHICKPEAS

FATS

ALMONDS
WALNUTS
AVOCADO
PEANUTS BUTTER
ALMOND BUTTER
COCONUT OIL
OLIVE OIL

CARBOHYDRATES

QUINOA
BROWN RICE
SWEET POTATO
OATS
WHOLE GRAIN PASTA

TRY SPICES TO LIVEN UP YOUR FOOD, BUT AVOID SALT.



FEBRUARY 2027 CHALLENGE

NAME _____

CLIMB 29,032 FT. THE HEIGHT OF MT. EVEREST. VERIFY ENTRIES WITH AN ATTENDANT AT THE JIM THORPE FITNESS CENTER FRONT DESK.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 INCLINE _____ DISTANCE _____	2 INCLINE _____ DISTANCE _____	3 INCLINE _____ DISTANCE _____	4 INCLINE _____ DISTANCE _____	5 INCLINE _____ DISTANCE _____	6 INCLINE _____ DISTANCE _____
7 INCLINE _____ DISTANCE _____	8 INCLINE _____ DISTANCE _____	9 INCLINE _____ DISTANCE _____	10 INCLINE _____ DISTANCE _____	11 INCLINE _____ DISTANCE _____	12 INCLINE _____ DISTANCE _____	13 INCLINE _____ DISTANCE _____
14 INCLINE _____ DISTANCE _____	15 INCLINE _____ DISTANCE _____	16 INCLINE _____ DISTANCE _____	17 INCLINE _____ DISTANCE _____	18 INCLINE _____ DISTANCE _____	19 INCLINE _____ DISTANCE _____	20 INCLINE _____ DISTANCE _____
21 INCLINE _____ DISTANCE _____	22 INCLINE _____ DISTANCE _____	23 INCLINE _____ DISTANCE _____	24 INCLINE _____ DISTANCE _____	25 INCLINE _____ DISTANCE _____	26 INCLINE _____ DISTANCE _____	27 INCLINE _____ DISTANCE _____
28 INCLINE _____ DISTANCE _____						

TOTAL INCLINE _____

TOTAL DISTANCE _____

FEBRUARY 2027 CHALLENGE

Mount Everest Treadmill Challenge

The Mount Everest Treadmill Challenge is a 7 Day Challenge where the competitor starts any day during January but must be completed within 15 days from the participant’s start date.

Rules

- 1. Run or walk at a steady pace while increasing the treadmill incline by 2% every 3 minutes until you reach your level of incline participation.
 - a. Rookie: 6-8% incline
 - b. Pro: 10% incline
 - c. All-Star: 12% plus incline
- 2. All Climbers will increase their treadmill incline by 2% every 3 minutes until the maximum level of elevation is met.
- 3 All Climbers will continue until 29,032 feet or 5.5 Miles is reached.
- 4. Climbers cannot hold the hand rails of the treadmill while participating in the challenge.

3 Levels of Participants

Rookie	Pro	All-Star
6-8% Incline	10% Incline	12% Plus Incline

