

MARCH 2025 CHALLENGE

NAME _____

INCREASE YOUR MAX DEADLIFT WEIGHT BY DAY 30. VERIFY ENTRIES WITH ATTENDANT AT THE JIM THORPE FITNESS CENTER FRONT DESK.

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

