

JANUARY 2025 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 _____	29 INCLINE _____ DISTANCE _____	30 INCLINE _____ DISTANCE _____	31 INCLINE _____ DISTANCE _____	

TOTAL INCLINE _____

TOTAL DISTANCE _____

