As a section of the BFS (Bigger, Faster, Stronger) Program, I am challenging anyone to be part of the ***3 2 1 – Titanfit*** challenge. ***3 2 1 – Titanfit*** is a 3 month incentive that will begin in June and is designed to promote good strength and conditioning habits through the summer months.

***3 2 1 – Titanfit*** is a 92 day challenge to complete **3000 push-ups, 2000 sit-ups, and 1000 pull-ups**. Whether you discipline yourself to do a certain daily amount on each of the 92 days or try to complete it as fast as possible, you will need to return a completed form at the end of the challenge documenting when you did it and the amount completed each day. The form will need to be signed by you as the challenger and an adult that witnessed your efforts.

Anyone completing ***3 2 1 – Titanfit*** will get a ***3 2 1 – Titanfit*** t-shirt to accompany the strength, stamina, conditioning, and good workout habits that you built during the challenge.

Please use this form to document the totals during the challenge –



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| **June** | **Push-ups** | **Sit-ups** | **Pull-ups** |
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| **July** | **Push-ups** | **Sit-ups** | **Pull-ups** |
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| **Aug.** | **Push-ups** | **Sit-ups** | **Pull-ups** |
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**Forms must be received by October 1st**. Please send this completed form to –

Corey Block

634 Hooterville Ave

Le Center, MN 56057

Or scan it and email it to cblock@frontiernet.net

Name of Challenger\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Witness\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_