





CHECKLIST

- ☐ 1. Move every day for at least ~~10 Minutes~~ **30 MIN**
- ☐ 2. Get a group together and run an event as a Team
- ☐ 3. Challenge yourself to compete in an **Age Group Heat**
- ☐ 4. Complete your Trifecta (**SPRINT / STADION, SUPER AND BEAST**)
- ☐ 5. Attend at least **1 Spartan Marquee Event: World Champs, North American Champs, Trifecta World Champs, Kids World Champs, World's Toughest Mudder, Any Regional Championship**
- ☐ 6. Try a Spartan Endurance Event 
- ☐ 7. Challenge a younger Spartan in your life to tackle a Kids Race
- ☐ 8. Try a **TOUGH MUDDER RACE!!**
- ☐ 9. Take Weekly Cold Showers or Ice Baths
- ☐ 10. Earn your DEKA **MARK** |||||
- ☐ 11. Run a local 5K Race in your area
- ☐ 12. Challenge yourself to a Trail Race with no obstacles
- ☐ 13. Stretch for ~~5 minutes~~ **10 MIN** everyday !!
- ☐ 14. Try out a new meditation method 
- ☐ 15. Embrace discomfort - Keep a list of all the uncomfortable things you face in 2023.

***PRINT OUT**