



Beefy Boy Challenge™: Q1 Registration

Name: _____

1. The Pillar of Strength

What is one "heavy" thing you want to get better at? (e.g., Max pushups, 5-rep Max Squat, Pull-ups)

- Metric: _____
- Current Baseline: _____
- Q1 Goal: _____

2. The Pillar of Endurance

How will you prove your heart is a champion? (e.g., 1-mile run time, 2k Row, 30-min total distance)

- Metric: _____
- Current Baseline: _____
- Q1 Goal: _____

3. The Pillar of the Soul

A personal lifestyle goal. (e.g., Pounds lost, % Body Fat, Gallons of water/day, No-sugar streak)

- Metric: _____
- Current Baseline: _____
- Q1 Goal: _____

The Beefy Vow

"I, _____, do solemnly swear to chase the beef, respect the gains, and never sandbag my baselines. I will participate in the Sunday Sweat check-ins and honor the winner of the Golden Kettlebell, even if it isn't me."

Signed: _____ Date: _____