



I, _____, hereby commit to the infamous 4x4x48
Challenge — a brutal test of physical resilience, mental
warfare, and unshakable discipline, inspired by David
Goggins.

I acknowledge that this mission demands running 4 miles
every 4 hours for 48 hours — a trial few dare to undertake.
By accepting this challenge, I reject comfort, embrace
suffering, and step into the arena where weakness dies and
the uncommon rise.

This certificate is issued in recognition of my resolve to
dominate the inner war.

Date of Commitment:

Stay Hard. Never Finished.

