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Complete as many of the challenges as you can. Rewards are available for completing full rows and columns. There will be a special prize for completing a FULL HOUSE (50 challenges).

 Run 2km	 Run 3km	 Run 5km	 Run 3km	 Run 10km
 Complete a skill drill	 Complete an agility drill	 Complete a skill drill	 Complete an agility drill	 Complete a skill drill
 10 press ups/10 burpees/10 sit ups	 20 press ups/20 burpees/20 sit ups	 30 press ups/30 burpees/30 sit ups	 20 press ups/20 burpees/20 sit ups	 30 press ups/30 burpees/30 sit ups
 Complete #pewwithjoe	 Complete #pewwithjoe	 Complete #pewwithjoe	 Complete #pewwithjoe	 Complete #pewwithjoe
 Complete 10,000 steps	 Complete 8,000 steps	 Complete 10,000 steps	 Complete 12,000 steps	 Complete 10,000 steps
 Walk 3km	 Walk 5km	 Walk 3km	 Walk 5km	 Walk 3km
 Complete an online yoga class	 Complete an online dance routine e.g. Just Dance or Tik Tok	 Complete an online yoga class	 Complete an online dance routine e.g. Just Dance or Tik Tok	 Complete an online yoga class
 Create your own circuit with 6 stations	 Create your own circuit with 6 stations	 Create your own circuit with 6 stations	 Create your own circuit with 6 stations	 Create your own circuit with 6 stations
 Complete 12,000 steps	 Complete 10,000 steps	 Complete 12,000 steps	 Complete 8,000 steps	 Complete 12,000 steps
 Cycle 5km	 Cycle 10km	 Cycle 15km	 Cycle 20km	 Cycle 30km