Trail Life Fitness Challenge 2026-27

Troop 9871. Starts Monday, November 9, 2026. Runs for 27 weeks through Sunday, May 16, 2027.

Fitness Challenge Slack Channel: #fitnesschallenge

Instruction Manual

Purpose

Build fitness, discipline, and brotherhood through fitness, enjoyment, and father-son encouragement. This year is less hardcore than last year: steady effort and healthy habits matter more than maxing out. Each dad MUST choose his own personalized reward for his son, based on what motivates that son. There is no one-size-fits-all family reward. Record the reward in the tracker before starting and encourage your son along the way.

Goal

Optional. A boy may pick a personal goal to work toward if he wants one, such as a 5K, a 10K, or a Tough Mudder. Personal goals are up to each family. They are not required to finish the challenge, and the troop has not committed to any race or event.

How It Works

Every day, complete air squats, push-ups, and sit-ups. All three exercises, every day, the same number of each. Your number depends on your group (Woodlands, Navigators, or Adventurers) and the week. Reps increase by 1 each week. If you miss a day, make it up within the same week. See Missed Days and Makeups below.

Weeks 1 and 2 are the same. Week 2 repeats Week 1 so anyone who missed kickoff can catch up. The reps go up by 1 each week starting in Week 3.

Your Numbers

Group	Weeks 1 and 2 (each exercise, every day)	Week 27 (each exercise, every day)
Woodlands	15	40
Navigators	20	45
Adventurers	25	50

The week by week numbers for every group are in the tracker below.

What Counts

A day counts when you complete the full number of air squats, push-ups, and sit-ups for your group and week. You can do them all at once or break them into sets during the day. Walk or scale as needed: do push-ups from the knees or an incline. The goal is steady progress, not perfection.

Missed Days and Makeups

Life happens. If you miss a day, make up the missed reps within the same Monday through Sunday week, the next day if possible. Makeup reps use that week's numbers for your group. Once all of a missed day's reps are done, that day counts as fully completed. Ordinary makeups do not carry over into the next week. The one exception is the Sunday Rest Exception below.

Perfect Week

A Perfect Week is any Monday through Sunday week where you either did your reps every day, or properly made up every missed day so that all of the week's required reps were completed. Both ways count the same.

Sunday Rest Exception

Some families keep Sunday as a day of rest out of religious conviction. A boy who rests on Sunday for that reason may do Sunday's reps on Monday morning instead. This is the only time reps may cross from one week into the next, and it is separate from ordinary makeups. To keep the count clean: the Monday morning reps use the previous week's numbers, they count only for the previous Sunday, and they do not count toward the new week. The new week's Monday reps are still done on their own. Once Sunday's reps are done Monday morning, the previous week can still be a Perfect Week. Any other missed days in that week still follow the ordinary makeup rule within the same week. For the final week, Sunday, May 16 may be made up Monday morning, May 17.

Illness and Recovery

Illness gets grace. If you are sick, rest and get better. Do not exercise while sick. Your dad can vouch for the illness, and he can also vouch for any makeups you do once you are well. Recovery comes first: do not cram a big pile of makeup reps into one session. Spread makeups out into sets, scale as needed, and stop if something hurts or feels unsafe. Parents decide when a boy is ready to get back to it.

Tracking

Use the daily tracker below and the Family Weekly Completion Record at the end of this document. Each dad records his son's personalized reward and verifies illness, makeups, and weekly status. Paper tracker key: check the box for reps done that day; M means all missed reps were safely made up that same week; S means Sunday's reps were completed Monday morning under the Sunday Rest Exception; I records dad-verified

illness, not completed reps. A Perfect Week still requires all weekly reps. Do not mark incomplete reps complete or push through illness to fill a box. Record unresolved illness or incomplete work honestly for review.

Pro Track (Optional Add-On)

The Pro track is done on top of your daily reps, not instead of them. Any Navigator or Adventurer may take on the Pro track as an add-on. Each week, complete one Murph workout scaled to a fraction of the full Murph. Week 1 is a quarter Murph and Week 2 repeats it. The fraction then climbs 3 percentage points every week until Week 27, when the Pro completes one full Murph. The Pro schedule is below the tracker. The Pro track is optional. It is not required to finish the challenge or to earn the finisher T-shirt.

Personalized Rewards and Troop Recognition

Dad-chosen personalized reward (required): Each dad MUST come up with his OWN reward for his son, chosen around what specifically motivates that boy. Discuss it together and write it in the tracker. This personal father-son incentive is the primary reward, not a standard prize for everyone.
Additional troop recognition: The troop will cover a 2027 Troop Fitness Challenge T-shirt for every boy who conquers the challenge. This is in addition to, not a substitute for, the dad-chosen reward. Shirts will be produced after finishers and their sizes are known.
No cash prize: The troop is not offering a cash prize. No donor or cash award funding has been secured, so none is promised.

Accountability

Join the Fitness Challenge Slack channel and post a ✅ each day when complete. Example for an Adventurer in Week 1: Nov 9 - 25/25/25 ✅. Pro track members also post their Murph result each week. Made-up days get posted too. Example: Nov 11 makeup - 25/25/25 ✅.
Prefer paper? This guide and tracker are set up to print. A family can print a copy, keep it at home, and check off days by hand instead of, or in addition to, posting in Slack.

Dates

Challenge runs Monday, November 9, 2026 through Sunday, May 16, 2027. There are 27 weeks, each running Monday through Sunday. The final week is Monday, May 10 through Sunday, May 16, 2027. The final Sunday Rest Exception makeup is Monday morning, May 17. Court of Honor is May 13, so the challenge finishes a few days after it.

Fitness Challenge Tracker

Each box in the Woodlands, Navigators, and Adventurers columns shows air squats / push-ups / sit-ups for that week, done every day.

Week	Start	End	Woodlands	Navigators	Adventurers	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Nov 9	Nov 15	15 / 15 / 15	20 / 20 / 20	25 / 25 / 25	☐	☐	☐	☐	☐	☐	☐
2	Nov 16	Nov 22	15 / 15 / 15	20 / 20 / 20	25 / 25 / 25	☐	☐	☐	☐	☐	☐	☐
3	Nov 23	Nov 29	16 / 16 / 16	21 / 21 / 21	26 / 26 / 26	☐	☐	☐	☐	☐	☐	☐
4	Nov 30	Dec 6	17 / 17 / 17	22 / 22 / 22	27 / 27 / 27	☐	☐	☐	☐	☐	☐	☐
5	Dec 7	Dec 13	18 / 18 / 18	23 / 23 / 23	28 / 28 / 28	☐	☐	☐	☐	☐	☐	☐
6	Dec 14	Dec 20	19 / 19 / 19	24 / 24 / 24	29 / 29 / 29	☐	☐	☐	☐	☐	☐	☐
7	Dec 21	Dec 27	20 / 20 / 20	25 / 25 / 25	30 / 30 / 30	☐	☐	☐	☐	☐	☐	☐
8	Dec 28	Jan 3	21 / 21 / 21	26 / 26 / 26	31 / 31 / 31	☐	☐	☐	☐	☐	☐	☐
9	Jan 4	Jan 10	22 / 22 / 22	27 / 27 / 27	32 / 32 / 32	☐	☐	☐	☐	☐	☐	☐
10	Jan 11	Jan 17	23 / 23 / 23	28 / 28 / 28	33 / 33 / 33	☐	☐	☐	☐	☐	☐	☐
11	Jan 18	Jan 24	24 / 24 / 24	29 / 29 / 29	34 / 34 / 34	☐	☐	☐	☐	☐	☐	☐
12	Jan 25	Jan 31	25 / 25 / 25	30 / 30 / 30	35 / 35 / 35	☐	☐	☐	☐	☐	☐	☐
13	Feb 1	Feb 7	26 / 26 / 26	31 / 31 / 31	36 / 36 / 36	☐	☐	☐	☐	☐	☐	☐
14	Feb 8	Feb 14	27 / 27 / 27	32 / 32 / 32	37 / 37 / 37	☐	☐	☐	☐	☐	☐	☐
15	Feb 15	Feb 21	28 / 28 / 28	33 / 33 / 33	38 / 38 / 38	☐	☐	☐	☐	☐	☐	☐
16	Feb 22	Feb 28	29 / 29 / 29	34 / 34 / 34	39 / 39 / 39	☐	☐	☐	☐	☐	☐	☐
17	Mar 1	Mar 7	30 / 30 / 30	35 / 35 / 35	40 / 40 / 40	☐	☐	☐	☐	☐	☐	☐
18	Mar 8	Mar 14	31 / 31 / 31	36 / 36 / 36	41 / 41 / 41	☐	☐	☐	☐	☐	☐	☐
19	Mar 15	Mar 21	32 / 32 / 32	37 / 37 / 37	42 / 42 / 42	☐	☐	☐	☐	☐	☐	☐
20	Mar 22	Mar 28	33 / 33 / 33	38 / 38 / 38	43 / 43 / 43	☐	☐	☐	☐	☐	☐	☐
21	Mar 29	Apr 4	34 / 34 / 34	39 / 39 / 39	44 / 44 / 44	☐	☐	☐	☐	☐	☐	☐

Week	Start	End	Woodlands	Navigators	Adventurers	Mon	Tue	Wed	Thu	Fri	Sat	Sun
22	Apr 5	Apr 11	35 / 35 / 35	40 / 40 / 40	45 / 45 / 45	☐	☐	☐	☐	☐	☐	☐
23	Apr 12	Apr 18	36 / 36 / 36	41 / 41 / 41	46 / 46 / 46	☐	☐	☐	☐	☐	☐	☐
24	Apr 19	Apr 25	37 / 37 / 37	42 / 42 / 42	47 / 47 / 47	☐	☐	☐	☐	☐	☐	☐
25	Apr 26	May 2	38 / 38 / 38	43 / 43 / 43	48 / 48 / 48	☐	☐	☐	☐	☐	☐	☐
26	May 3	May 9	39 / 39 / 39	44 / 44 / 44	49 / 49 / 49	☐	☐	☐	☐	☐	☐	☐
27	May 10	May 16	40 / 40 / 40	45 / 45 / 45	50 / 50 / 50	☐	☐	☐	☐	☐	☐	☐

Pro Track Schedule (Weekly Murph Build)

The Full Murph: one mile run, 100 pull-ups, 200 push-ups, 300 air squats, then another one mile run. The pull-ups, push-ups, and squats can be broken up any way you like. Murph honors Navy Lieutenant Michael Murphy.

Each week includes a run at the start and a run at the end, scaled by the same fraction. Reps are the exact percent of the full Murph (100 pull-ups, 200 push-ups, 300 air squats, 1 mile run), rounded to the nearest whole rep. Week 2 repeats Week 1 so anyone who missed kickoff can catch up. Early weeks can be walked or jogged. Scaling for any boy: walk the mile instead of running, do push-ups from the knees or an incline, and use assisted or ring rows in place of pull-ups.

Week	Starts (Monday)	Murph Fraction	Run (each)	Pull-Ups	Push-Ups	Air Squats
1	Nov 9	25%	0.25 mi	25	50	75
2	Nov 16	25%	0.25 mi	25	50	75
3	Nov 23	28%	0.28 mi	28	56	84
4	Nov 30	31%	0.31 mi	31	62	93
5	Dec 7	34%	0.34 mi	34	68	102
6	Dec 14	37%	0.37 mi	37	74	111
7	Dec 21	40%	0.40 mi	40	80	120

Week	Starts (Monday)	Murph Fraction	Run (each)	Pull-Ups	Push-Ups	Air Squats
8	Dec 28	43%	0.43 mi	43	86	129
9	Jan 4	46%	0.46 mi	46	92	138
10	Jan 11	49%	0.49 mi	49	98	147
11	Jan 18	52%	0.52 mi	52	104	156
12	Jan 25	55%	0.55 mi	55	110	165
13	Feb 1	58%	0.58 mi	58	116	174
14	Feb 8	61%	0.61 mi	61	122	183
15	Feb 15	64%	0.64 mi	64	128	192
16	Feb 22	67%	0.67 mi	67	134	201
17	Mar 1	70%	0.70 mi	70	140	210
18	Mar 8	73%	0.73 mi	73	146	219
19	Mar 15	76%	0.76 mi	76	152	228
20	Mar 22	79%	0.79 mi	79	158	237
21	Mar 29	82%	0.82 mi	82	164	246
22	Apr 5	85%	0.85 mi	85	170	255
23	Apr 12	88%	0.88 mi	88	176	264
24	Apr 19	91%	0.91 mi	91	182	273
25	Apr 26	94%	0.94 mi	94	188	282
26	May 3	97%	0.97 mi	97	194	291
27	May 10	100%	1.00 mi	100	200	300

Week 27 is the full Murph: one mile run, 100 pull-ups, 200 push-ups, 300 air squats, one mile run.

Family Weekly Completion Record

Participant / son: _____ Dad: _____
Group: _____
REQUIRED: Dad's personalized reward for this son: _____
_____
What motivates my son / why I chose this reward: _____
_____
Print one blank record per son. Use the daily checkboxes in the Fitness Challenge Tracker, then fill in each weekly row below. A troop may keep copies of these family records.
Weekly status: P = Perfect Week (all weekly reps completed, including verified proper makeups); O = open / incomplete; R = needs review. Dad initials verify the status, illness, and makeups. In the notes, record missed day, makeup date, illness verification, and S for a Sunday-rest Monday-morning makeup. S reps count only for the preceding Sunday, never twice. Illness alone is not completed reps; rest and recover rather than force a Perfect Week.
W01 | Nov 9-15, 2026 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W02 | Nov 16-22 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W03 | Nov 23-29 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W04 | Nov 30-Dec 6 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W05 | Dec 7-13 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W06 | Dec 14-20 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W07 | Dec 21-27 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W08 | Dec 28-Jan 3, 2027 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W09 | Jan 4-10 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W10 | Jan 11-17 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W11 | Jan 18-24 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____

W12 | Jan 25-31 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W13 | Feb 1-7 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W14 | Feb 8-14 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W15 | Feb 15-21 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W16 | Feb 22-28 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W17 | Mar 1-7 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W18 | Mar 8-14 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W19 | Mar 15-21 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W20 | Mar 22-28 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W21 | Mar 29-Apr 4 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W22 | Apr 5-11 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W23 | Apr 12-18 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W24 | Apr 19-25 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W25 | Apr 26-May 2 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W26 | May 3-9 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
W27 | May 10-16, 2027 | Status: ____ | Dad initials: ____
Makeup / illness verification and dates: _____
Final Sunday-rest makeup, if applicable: May 17 morning. Dad initials: _____
Overall completion status / review: _____
Personalized family reward received / date: _____
Finisher T-shirt size (after completion): _____

Troop leadership still needs to confirm the overall finish threshold. This record tracks actual completion and does not invent a required number of Perfect Weeks.