



**CrossFit L.A. 100-Day Burpee Challenge**

Date	# of Burpees	Completed
10/10/08	1	
10/11/08	2	
10/12/08	3	
10/13/08	4	
10/14/08	5	
10/15/08	6	
10/16/08	7	
10/17/08	8	
10/18/08	9	
10/19/08	10	
10/20/08	11	
10/21/08	12	
10/22/08	13	
10/23/08	14	
10/24/08	15	
10/25/08	16	
10/26/08	17	
10/27/08	18	
10/28/08	19	
10/29/08	20	
10/30/08	21	
10/31/08	22	
11/1/08	23	
11/2/08	24	
11/3/08	25	
11/4/08	26	
11/5/08	27	
11/6/08	28	
11/7/08	29	
11/8/08	30	
11/9/08	31	
11/10/08	32	
11/11/08	33	
11/12/08	34	
11/13/08	35	
11/14/08	36	
11/15/08	37	
11/16/08	38	
11/17/08	39	
11/18/08	40	
11/19/08	41	
11/20/08	42	
11/21/08	43	
11/22/08	44	
11/23/08	45	
11/24/08	46	
11/25/08	47	
11/26/08	48	
11/27/08	49	
11/28/08	50	

Date	# of Burpees	Completed
11/29/08	51	
11/30/08	52	
12/1/08	53	
12/2/08	54	
12/3/08	55	
12/4/08	56	
12/5/08	57	
12/6/08	58	
12/7/08	59	
12/8/08	60	
12/9/08	61	
12/10/08	62	
12/11/08	63	
12/12/08	64	
12/13/08	65	
12/14/08	66	
12/15/08	67	
12/16/08	68	
12/17/08	69	
12/18/08	70	
12/19/08	71	
12/20/08	72	
12/21/08	73	
12/22/08	74	
12/23/08	75	
12/24/08	76	
12/25/08	77	
12/26/08	78	
12/27/08	79	
12/28/08	80	
12/29/08	81	
12/30/08	82	
12/31/08	83	
1/1/09	84	
1/2/09	85	
1/3/09	86	
1/4/09	87	
1/5/09	88	
1/6/09	89	
1/7/09	90	
1/8/09	91	
1/9/09	92	
1/10/09	93	
1/11/09	94	
1/12/09	95	
1/13/09	96	
1/14/09	97	
1/15/09	98	
1/16/09	99	
1/17/09	100	