



Burpees and Beads Challenge



Day	Burpee Time	# of Burpees Done	Decade	# of People Prayed With
9/20/2019	10 seconds		1st Sorrowful Mystery	
9/21/2019	20 seconds		1st Joyful Mystery	
9/22/2019	30 seconds		1st Glorious Mystery	
9/23/2019	40 seconds		2nd Joyful Mystery	
9/24/2019	50 seconds		2nd Sorrowful Mystery	
9/25/2019	60 seconds		2nd Glorious Mystery	
9/26/2019	70 seconds		1st and 2nd Luminous Mysteries	
9/27/2019	80 seconds		3rd Sorrowful Mystery	
9/28/2019	90 seconds		3rd Joyful Mystery	
9/29/2019	100 seconds		3rd Glorious Mystery	
9/30/2019	110 seconds		4th and 5th Joyful Mysteries	
10/1/2019	120 seconds		4th Sorrowful Mystery	
10/2/2019	130 seconds		4th and 5th Glorious Mysteries	
10/3/2019	140 seconds		3rd and 4th Luminous Mysteries	
10/4/2019	150 seconds		5th Sorrowful Mystery	
Total Burpees Done			Total People Prayed With	

Youth Name

Parent Signature

Rules: For each day of this challenge you will record the number of burpees that you do in the time that you have been given AND write down the number of people that you pray the assigned prayers with. EVERY DAY. Then you will add them all up on the last day! At the next Middle School Youth Group turn in your forms in the beginning of the night and by the end we will announce who has won the prize!