



Name: _____

JCX Ninja Level 3 Worksheet

Obstacle Completion List:

| Obstacle | Date | Staff Name | Staff Signature |
|----------|------|------------|-----------------|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |
| 7. | | | |
| 8. | | | |
| 9. | | | |

Fitness points:

| Exercise | Date | Staff Name | Staff Signature |
|----------|------|------------|-----------------|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |

Time Trial:

| Trial Name | Date | Trial Time | Staff Name | Staff Signature |
|------------|------|------------|------------|-----------------|
| | | | | |

Challenge Point:

| Challenge: | Date | Trial Time | Staff Name | Staff Signature |
|------------|------|------------|------------|-----------------|
| | | | | |

Date Fully Complete: _____ Staff Witness/Signature: _____