You only 4 hours of sleep: You run out of energy and have to rest, go half way and rest for 30 seconds before finishing your lap.

You get 11 hours of sleep: Can go at normal pass during your next time around

You ate a Double Cheeseburger from a fast food restaurant: you and your partner have to do 30 mountain climbers to work off the calories before your next time, you also have to go half the speed (go half way, stop for a minute, go the rest of the way)

You drank a can of soda: you have to do 20 high knees to work off the calories before your next time around

You ate a well balanced meal: You don’t have to work off extra calories so you can save your energy

You did not warm up before you started: You ended up in the medical tent with a pulled muscle, you are still able to complete the next lap but you have a 1 minute delay before you start.

You did not cool down after your last workout: Your muscles are very sore causing you to move slower, you have to take a break half way through. Go half way, stop for 30 seconds, go the rest of the way.

You ate a candy bar: you and your partner have to do 15 pushups before starting your next lap

You drank plenty of water: you can go at normal speed

You did not drink enough water: you ended up with a leg cramp and in the medical tent. You have a 1 minute delay

You did not eat a well balanced breakfast: You run out of energy causing you to take lots of breaks, Take at the first 3 cones for 30 seconds each for a total of 3 breaks/1.5 minutes.

You ate a large fry from Wendi’s the night before: you and your partner must do 30 crunches to burn off the extra calories before you start your next lap.