

THE PUSH-UP CHALLENGE

INDIVIDUAL 1,607 PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge 2025.
Track your progress by marking your individual amount of reps per day.
Good luck!

DATE	DAY	TARGET	25	50	75	100	125	NO.	DONE
Wed 4 Jun	1	60							<input type="checkbox"/>
Thu 5 Jun	2	38							<input type="checkbox"/>
Fri 6 Jun	3	70							<input type="checkbox"/>
Sat 7 Jun	4	71							<input type="checkbox"/>
Sun 8 Jun	5	REST	WEEK SUBTOTAL						
Mon 9 Jun	6	64							<input type="checkbox"/>
Tue 10 Jun	7	52							<input type="checkbox"/>
Wed 11 Jun	8	85							<input type="checkbox"/>
Thu 12 Jun	9	83							<input type="checkbox"/>
Fri 13 Jun	10	65							<input type="checkbox"/>
Sat 14 Jun	11	100							<input type="checkbox"/>
Sun 15 Jun	12	REST	WEEK SUBTOTAL						
Mon 16 Jun	13	82							<input type="checkbox"/>
Tue 17 Jun	14	87							<input type="checkbox"/>
Wed 18 Jun	15	80							<input type="checkbox"/>
Thu 19 Jun	16	85							<input type="checkbox"/>
Fri 20 Jun	17	105							<input type="checkbox"/>
Sat 21 Jun	18	95							<input type="checkbox"/>
Sun 22 Jun	19	REST	WEEK SUBTOTAL						
Mon 23 Jun	20	110							<input type="checkbox"/>
Tue 24 Jun	21	85							<input type="checkbox"/>
Wed 25 Jun	22	115							<input type="checkbox"/>
Thu 26 Jun	23	75							<input type="checkbox"/>

1,607 PUSH-UPS.
4-26 JUNE 2025.

PUSH FOR BETTER
thepushupchallenge.com.au