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				7//			
Thu 5 Jun	2	38		7//					
Fri 6 Jun	3	70							
Sat 7 Jun	4	71							
Sun 8 Jun	5	REST			W	EEK SUB1	TOTAL		
Mon 9 Jun	6	64			<i>[</i>]				
Tue 10 Jun	7	52		7000					
Wed 11 Jun	8	85				7			
Thu 12 Jun	9	83			7000 01	7			
Fri 13 Jun	10	65			7/7				
Sat 14 Jun	11	100				7000			
Sun 15 Jun	12	REST			W	EEK SUB1	TOTAL		
Sun 15 Jun Mon 16 Jun	12 13	REST 82				EEK SUB1	TOTAL		
					0000		TOTAL		
Mon 16 Jun	13	82		700000	7000 0		TOTAL		
Mon 16 Jun Tue 17 Jun	13	82 87		1000 00 1000 00		7	TOTAL		
Mon 16 Jun Tue 17 Jun Wed 18 Jun	13 14 15	82 87 80				7	TOTAL		
Mon 16 Jun Tue 17 Jun Wed 18 Jun Thu 19 Jun	13 14 15 16	82 87 80 85				7 7 70000	TOTAL		
Mon 16 Jun Tue 17 Jun Wed 18 Jun Thu 19 Jun Fri 20 Jun	13 14 15 16 17	82 87 80 85 105				7 7 70000			
Mon 16 Jun Tue 17 Jun Wed 18 Jun Thu 19 Jun Fri 20 Jun Sat 21 Jun	13 14 15 16 17 18	82 87 80 85 105 95				7 7 7//// 7//// EEK SUB1	TOTAL		
Mon 16 Jun Tue 17 Jun Wed 18 Jun Thu 19 Jun Fri 20 Jun Sat 21 Jun Sun 22 Jun	13 14 15 16 17 18	82 87 80 85 105 95 REST				7 7 7 7 7 7 8 EEK SUB1	TOTAL		
Mon 16 Jun Tue 17 Jun Wed 18 Jun Thu 19 Jun Fri 20 Jun Sat 21 Jun Sun 22 Jun Mon 23 Jun	13 14 15 16 17 18 19 20 21	82 87 80 85 105 95 REST				7 7 7/////////////////////////////////	TOTAL 7		

1,607 PUSH-UPS. 4-26 JUNE 2025. **PUSH FOR BETTER**

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