

THE PUSH-UP CHALLENGE

INDIVIDUAL PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge for 2022.
Track your progress by marking your individual amount
of reps per day. Good luck

DATE	DAY	TARGET	50	100	150	200	250	NO.	DONE
Wed, 1st Jun	1	74							<input type="checkbox"/>
Thu, 2nd Jun	2	130							<input type="checkbox"/>
Fri, 3rd Jun	3	157							<input type="checkbox"/>
Sat, 4th Jun	4	100							<input type="checkbox"/>
Sun, 5th Jun	5	REST	WEEK SUBTOTAL						
Mon, 6th Jun	6	120							<input type="checkbox"/>
Tue, 7th Jun	7	190							<input type="checkbox"/>
Wed, 8th Jun	8	117							<input type="checkbox"/>
Thu, 9th Jun	9	220							<input type="checkbox"/>
Fri, 10th Jun	10	120							<input type="checkbox"/>
Sat, 11th Jun	11	100							<input type="checkbox"/>
Sun, 12th Jun	12	REST	WEEK SUBTOTAL						
Mon, 13th Jun	13	127							<input type="checkbox"/>
Tue, 14th Jun	14	140							<input type="checkbox"/>
Wed, 15th Jun	15	223							<input type="checkbox"/>
Thu, 16th Jun	16	150							<input type="checkbox"/>
Fri, 17th Jun	17	140							<input type="checkbox"/>
Sat, 18th Jun	18	150							<input type="checkbox"/>
Sun, 19th Jun	19	REST	WEEK SUBTOTAL						
Mon, 20th Jun	20	168							<input type="checkbox"/>
Tue, 21st Jun	21	198							<input type="checkbox"/>
Wed, 22nd Jun	22	210							<input type="checkbox"/>
Thu, 23rd Jun	23	170							<input type="checkbox"/>
Fri, 24th Jun	24	135							<input type="checkbox"/>
TOTAL									

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Get fit, have fun, learn about mental health.
www.thepushupchallenge.com.au