

THE PUSH-UP CHALLENGE

INDIVIDUAL 3,307 PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge 2026.
Track your progress by marking your individual amount of reps per day.
Good luck!

DATE	DAY	TARGET	50	100	150	200	TALLY	DONE	
Wed 3 June	1	100	□□□□□□	□□□□□□				<input type="checkbox"/>	
Thur 4 June	2	72	□□□□□□	□□				<input type="checkbox"/>	
Fri 5 June	3	120	□□□□□□	□□□□□□	□□			<input type="checkbox"/>	
Sat 6 June	4	150	□□□□□□	□□□□□□	□□□□□□			<input type="checkbox"/>	
Sun 7 June	5	REST	WEEK SUBTOTAL				442		
Mon 8 June	6	140	□□□□□□	□□□□□□	□□□□			<input type="checkbox"/>	
Tue 9 June	7	170	□□□□□□	□□□□□□	□□□□□□	□□		<input type="checkbox"/>	
Wed 10 June	8	130	□□□□□□	□□□□□□	□□□□			<input type="checkbox"/>	
Thur 11 June	9	160	□□□□□□	□□□□□□	□□□□□□	□		<input type="checkbox"/>	
Fri 12 June	10	167	□□□□□□	□□□□□□	□□□□□□	□□		<input type="checkbox"/>	
Sat 13 June	11	191	□□□□□□	□□□□□□	□□□□□□	□□□□		<input type="checkbox"/>	
Sun 14 June	12	REST	WEEK SUBTOTAL				958		
Mon 15 June	13	120	□□□□□□	□□□□□□	□□			<input type="checkbox"/>	
Tue 16 June	14	220	□□□□□□	□□□□□□	□□□□□□	□□□□□□□□		<input type="checkbox"/>	
Wed 17 June	15	160	□□□□□□	□□□□□□	□□□□□□	□		<input type="checkbox"/>	
Thur 18 June	16	190	□□□□□□	□□□□□□	□□□□□□	□□□□		<input type="checkbox"/>	
Fri 19 June	17	170	□□□□□□	□□□□□□	□□□□□□	□□		<input type="checkbox"/>	
Sat 20 June	18	208	□□□□□□	□□□□□□	□□□□□□	□□□□□□		<input type="checkbox"/>	
Sun 21 June	19	REST	WEEK SUBTOTAL				1,068		
Mon 22 June	20	120	□□□□□□	□□□□□□	□□			<input type="checkbox"/>	
Tue 23 June	21	180	□□□□□□	□□□□□□	□□□□□□	□□□□		<input type="checkbox"/>	
Wed 24 June	22	229	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□	<input type="checkbox"/>	
Thur 25 June	23	160	□□□□□□	□□□□□□	□□□□□□	□		<input type="checkbox"/>	
Fri 26 June	24	150	□□□□□□	□□□□□□	□□□□□□			<input type="checkbox"/>	
TOTAL							3,307		