

THE PUSH-UP CHALLENGE

TEAM PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge 2025!
Track your progress below.

		TARGET		TEAM MEMBER NAME								
DATE	DAY	HALF	FULL									
Wed 4 Jun	1	60	120									
Thu 5 Jun	2	38	75									
Fri 6 Jun	3	70	140									
Sat 7 Jun	4	71	143									
Sun 8 Jun	5	REST										
Mon 9 Jun	6	64	128									
Tue 10 Jun	7	52	103									
Wed 11 Jun	8	85	170									
Thu 12 Jun	9	83	167									
Fri 13 Jun	10	65	130									
Sat 14 Jun	11	100	200									
Sun 15 Jun	12	REST										
Mon 16 Jun	13	82	163									
Tue 17 Jun	14	87	174									
Wed 18 Jun	15	80	160									
Thu 19 Jun	16	85	170									
Fri 20 Jun	17	105	210									
Sat 21 Jun	18	95	191									
Sun 22 Jun	19	REST										
Mon 23 Jun	20	110	220									
Tue 24 Jun	21	85	170									
Wed 25 Jun	22	115	230									
Thu 26 Jun	23	75	150									

3,214 PUSH-UPS.
4-26 JUNE 2025.

PUSH FOR BETTER
thepushupchallenge.com.au