

THE PUSH-UP CHALLENGE

INDIVIDUAL 1,572 PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge for 2023.

Track your progress by marking your individual amount of reps per day. Good luck

DATE	DAY	TARGET	50	100	150	200	250	NO.	DONE
Thu, 1st Jun	1	48							<input type="checkbox"/>
Fri, 2nd Jun	2	65							<input type="checkbox"/>
Sat, 3rd Jun	3	87							<input type="checkbox"/>
Sun, 4th Jun	4	REST	WEEK SUBTOTAL						
Mon, 5th Jun	5	80							<input type="checkbox"/>
Tue, 6th Jun	6	65							<input type="checkbox"/>
Wed, 7th Jun	7	105							<input type="checkbox"/>
Thu, 8th Jun	8	77							<input type="checkbox"/>
Fri, 9th Jun	9	84							<input type="checkbox"/>
Sat, 10th Jun	10	98							<input type="checkbox"/>
Sun, 11th Jun	11	REST	WEEK SUBTOTAL						
Mon, 12th Jun	12	65							<input type="checkbox"/>
Tue, 13th Jun	13	75							<input type="checkbox"/>
Wed, 14th Jun	14	109							<input type="checkbox"/>
Thu, 15th Jun	15	42							<input type="checkbox"/>
Fri, 16th Jun	16	82							<input type="checkbox"/>
Sat, 17th Jun	17	100							<input type="checkbox"/>
Sun, 18th Jun	18	REST	WEEK SUBTOTAL						
Mon, 19th Jun	19	54							<input type="checkbox"/>
Tue, 20th Jun	20	81							<input type="checkbox"/>
Wed, 21st Jun	21	60							<input type="checkbox"/>
Thu, 22nd Jun	22	110							<input type="checkbox"/>
Fri, 23rd Jun	23	85							<input type="checkbox"/>
TARGET: 1,572 PUSH-UPS								TOTAL	

3,144 PUSH-UPS. 1-23 JUNE.



Proudly supporting



www.thepushupchallenge.com.au