

THE PUSH-UP CHALLENGE

INDIVIDUAL 1,654 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	25	50	75	100	TALLY	DONE	
Wed 3 June	1	50	□□□□□□	□□□□□□				<input type="checkbox"/>	
Thur 4 June	2	36	□□□□□□	□□				<input type="checkbox"/>	
Fri 5 June	3	60	□□□□□□	□□□□□□	□□			<input type="checkbox"/>	
Sat 6 June	4	75	□□□□□□	□□□□□□	□□□□□□			<input type="checkbox"/>	
Sun 7 June	5	REST	WEEK SUBTOTAL				221		
Mon 8 June	6	70	□□□□□□	□□□□□□	□□□□			<input type="checkbox"/>	
Tue 9 June	7	85	□□□□□□	□□□□□□	□□□□□□	□□		<input type="checkbox"/>	
Wed 10 June	8	65	□□□□□□	□□□□□□	□□□□			<input type="checkbox"/>	
Thur 11 June	9	80	□□□□□□	□□□□□□	□□□□□□	□		<input type="checkbox"/>	
Fri 12 June	10	84	□□□□□□	□□□□□□	□□□□□□	□□		<input type="checkbox"/>	
Sat 13 June	11	96	□□□□□□	□□□□□□	□□□□□□	□□□□		<input type="checkbox"/>	
Sun 14 June	12	REST	WEEK SUBTOTAL				479		
Mon 15 June	13	60	□□□□□□	□□□□□□	□□			<input type="checkbox"/>	
Tue 16 June	14	110	□□□□□□	□□□□□□	□□□□□□	□□□□□□□□		<input type="checkbox"/>	
Wed 17 June	15	80	□□□□□□	□□□□□□	□□□□□□	□		<input type="checkbox"/>	
Thur 18 June	16	95	□□□□□□	□□□□□□	□□□□□□	□□□□		<input type="checkbox"/>	
Fri 19 June	17	85	□□□□□□	□□□□□□	□□□□□□	□□□□		<input type="checkbox"/>	
Sat 20 June	18	104	□□□□□□	□□□□□□	□□□□□□	□□□□□□□□		<input type="checkbox"/>	
Sun 21 June	19	REST	WEEK SUBTOTAL				534		
Mon 22 June	20	60	□□□□□□	□□□□□□	□□			<input type="checkbox"/>	
Tue 23 June	21	90	□□□□□□	□□□□□□	□□□□□□	□□□□		<input type="checkbox"/>	
Wed 24 June	22	114	□□□□□□	□□□□□□	□□□□□□	□□□□□□□□		<input type="checkbox"/>	
Thur 25 June	23	80	□□□□□□	□□□□□□	□□□□□□	□		<input type="checkbox"/>	
Fri 26 June	24	75	□□□□□□	□□□□□□	□□□□□□			<input type="checkbox"/>	
TOTAL							1,654		