

THE PUSH-UP CHALLENGE

INDIVIDUAL 3,214 PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge 2025.
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 4 Jun	1	120							☐
Thu 5 Jun	2	75							☐
Fri 6 Jun	3	140							☐
Sat 7 Jun	4	143							☐
Sun 8 Jun	5	REST	WEEK SUBTOTAL						
Mon 9 Jun	6	128							☐
Tue 10 Jun	7	103							☐
Wed 11 Jun	8	170							☐
Thu 12 Jun	9	167							☐
Fri 13 Jun	10	130							☐
Sat 14 Jun	11	200							☐
Sun 15 Jun	12	REST	WEEK SUBTOTAL						
Mon 16 Jun	13	163							☐
Tue 17 Jun	14	174							☐
Wed 18 Jun	15	160							☐
Thu 19 Jun	16	170							☐
Fri 20 Jun	17	210							☐
Sat 21 Jun	18	191							☐
Sun 22 Jun	19	REST	WEEK SUBTOTAL						
Mon 23 Jun	20	220							☐
Tue 24 Jun	21	170							☐
Wed 25 Jun	22	230							☐
Thu 26 Jun	23	150							☐

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

PUSH FOR BETTER
thepushupchallenge.com.au