THE PUSH-UP CHALLENGE
INDIVIDUAL 3,144 PUSH-UP TALLY

THE PUSH-UP CHALLENGE

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	96							☐
Fri, 2nd Jun	2	130							☐
Sat, 3rd Jun	3	175							☐
Sun, 4th Jun	4	REST	WEEK SUBTOTAL						
Mon, 5th Jun	5	160							☐
Tue, 6th Jun	6	130							☐
Wed, 7th Jun	7	210							☐
Thu, 8th Jun	8	153							☐
Fri, 9th Jun	9	168							☐
Sat, 10th Jun	10	196							☐
Sun, 11th Jun	11	REST	WEEK SUBTOTAL						
Mon, 12th Jun	12	131							☐
Tue, 13th Jun	13	150							☐
Wed, 14th Jun	14	218							☐
Thu, 15th Jun	15	84							☐
Fri, 16th Jun	16	163							☐
Sat, 17th Jun	17	200							☐
Sun, 18th Jun	18	REST	WEEK SUBTOTAL						
Mon, 19th Jun	19	108							☐
Tue, 20th Jun	20	163							☐
Wed, 21st Jun	21	120							☐
Thu, 22nd Jun	22	219							☐
Fri, 23rd Jun	23	170							☐
TARGET: 3,144 PUSH-UPS							**TOTAL**		