

THE PUSH-UP CHALLENGE

INDIVIDUAL 2,000 PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge for 2024.
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 Feb	1	49							<input type="checkbox"/>
Fri, 2nd Feb	2	54							<input type="checkbox"/>
Sat, 3rd Feb	3	55							<input type="checkbox"/>
Sun, 4th Feb	4	REST	WEEK SUBTOTAL						
Mon, 5th Feb	5	50							<input type="checkbox"/>
Tue, 6th Feb	6	60							<input type="checkbox"/>
Wed, 7th Feb	7	63							<input type="checkbox"/>
Thu, 8th Feb	8	76							<input type="checkbox"/>
Fri, 9th Feb	9	84							<input type="checkbox"/>
Sat, 10th Feb	10	100							<input type="checkbox"/>
Sun, 11th Feb	11	REST	WEEK SUBTOTAL						
Mon, 12th Feb	12	75							<input type="checkbox"/>
Tue, 13th Feb	13	99							<input type="checkbox"/>
Wed, 14th Feb	14	118							<input type="checkbox"/>
Thu, 15th Feb	15	120							<input type="checkbox"/>
Fri, 16th Feb	16	130							<input type="checkbox"/>
Sat, 17th Feb	17	177							<input type="checkbox"/>
Sun, 18th Feb	18	REST	WEEK SUBTOTAL						
Mon, 19th Feb	19	87							<input type="checkbox"/>
Tue, 20th Feb	20	140							<input type="checkbox"/>
Wed, 21st Feb	21	150							<input type="checkbox"/>
Thu, 22nd Feb	22	153							<input type="checkbox"/>
Fri, 23rd Feb	23	160							<input type="checkbox"/>
TARGET: 2,000 PUSH-UPS								TOTAL	

2,000 PUSH-UPS. 1-23 FEB.



Canadian Mental
Health Association

www.thepushupchallenge.ca