

# THE PUSH-UP CHALLENGE

## TEAM PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge for 2024.  
Track your team's progress below. Good luck!

DAY	DATE	FULL	TEAM MEMBER NAME							
1	Thu, 1 Feb	49								
2	Fri, 2 Feb	54								
3	Sat, 3 Feb	55								
4	Sun, 4 Feb	REST								
5	Mon, 5 Feb	50								
6	Tue, 6 Feb	60								
7	Wed, 7 Feb	63								
8	Thu, 8 Feb	76								
9	Fri, 9 Feb	84								
10	Sat, 10 Feb	100								
11	Sun, 11 Feb	REST								
12	Mon, 12 Feb	75								
13	Tue, 13 Feb	99								
14	Wed, 14 Feb	118								
15	Thu, 15 Feb	120								
16	Fri, 16 Feb	130								
17	Sat, 17 Feb	177								
18	Sun, 18 Feb	REST								
19	Mon, 19 Feb	87								
20	Tue, 20 Feb	140								
21	Wed, 21 Feb	150								
22	Thu, 22 Feb	153								
23	Fri, 23 Feb	160								
TOTAL		2,000								

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



Canadian Mental  
Health Association

[www.thepushupchallenge.ca](http://www.thepushupchallenge.ca)