

THE PUSH-UP CHALLENGE

TEAM PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge for 2025.
Track your team's progress below. Good luck!

			TEAM MEMBER NAME							
DAY	DATE	FULL								
1	Tue, Feb 11	92								
2	Wed, Feb 12	80								
3	Thu, Feb 13	120								
4	Fri, Feb 14	100								
5	Sat, Feb 15	150								
6	Sun, Feb 16	REST								
7	Mon, Feb 17	150								
8	Tue, Feb 18	94								
9	Wed, Feb 19	75								
10	Thu, Feb 20	119								
11	Fri, Feb 21	130								
12	Sat, Feb 22	170								
13	Sun, Feb 23	REST								
14	Mon, Feb 24	77								
15	Tue, Feb 25	160								
16	Wed, Feb 26	130								
17	Thu, Feb 27	183								
18	Fri, Feb 28	170								
TOTAL		2,000								

2,000 PUSH-UPS. 11-28 FEB.



Canadian Mental Health Association

www.thepushupchallenge.ca