

THE PUSH-UP CHALLENGE

INDIVIDUAL 2,000 PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge for 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
Tue, Feb 11	1	92	▢▢▢▢▢▢ ▢▢▢▢▢▢						<input type="checkbox"/>
Wed, Feb 12	2	80	▢▢▢▢▢▢ ▢▢▢▢						<input type="checkbox"/>
Thu, Feb 13	3	120	▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢						<input type="checkbox"/>
Fri, Feb 14	4	100	▢▢▢▢▢▢ ▢▢▢▢▢▢						<input type="checkbox"/>
Sat, Feb 15	5	150	▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢▢▢						<input type="checkbox"/>
Sun, Feb 16	6	REST	WEEK SUBTOTAL						<input type="checkbox"/>
Mon, Feb 17	7	150	▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢▢▢						<input type="checkbox"/>
Tue, Feb 18	8	94	▢▢▢▢▢▢ ▢▢▢▢▢▢						<input type="checkbox"/>
Wed, Feb 19	9	75	▢▢▢▢▢▢ ▢▢▢▢						<input type="checkbox"/>
Thu, Feb 20	10	119	▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢						<input type="checkbox"/>
Fri, Feb 21	11	130	▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢						<input type="checkbox"/>
Sat, Feb 22	12	170	▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢						<input type="checkbox"/>
Sun, Feb 23	13	REST	WEEK SUBTOTAL						<input type="checkbox"/>
Mon, Feb 24	14	77	▢▢▢▢▢▢ ▢▢▢▢						<input type="checkbox"/>
Tue, Feb 25	15	160	▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢▢▢						<input type="checkbox"/>
Wed, Feb 26	16	130	▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢						<input type="checkbox"/>
Thu, Feb 27	17	183	▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢▢▢						<input type="checkbox"/>
Fri, Feb 28	18	170	▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢▢▢ ▢▢▢▢						<input type="checkbox"/>
TARGET: 2,000 PUSH-UPS								TOTAL	<input type="checkbox"/>

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



Canadian Mental Health Association

www.thepushupchallenge.ca