



# 30-Day Push Up Challenge

MON	TUE	WED	THUR	FRI	SAT	SUN
1 Benchmark Test Type: Knee Toe ___ # Push-ups	2 # Knee ____ # Toe ____ # Sets ____	3 # Knee ____ # Toe ____ # Sets ____	4 # Knee ____ # Toe ____ # Sets ____	5 # Knee ____ # Toe ____ # Sets ____	6 # Knee ____ # Toe ____ # Sets ____	7 # Knee ____ # Toe ____ # Sets ____
8 Benchmark Test Type: Knee Toe ___ # Push-ups	9 # Knee ____ # Toe ____ # Sets ____	10 # Knee ____ # Toe ____ # Sets ____	11 # Knee ____ # Toe ____ # Sets ____	12 # Knee ____ # Toe ____ # Sets ____	13 # Knee ____ # Toe ____ # Sets ____	14 # Knee ____ # Toe ____ # Sets ____
15 Benchmark Test Type: Knee Toe ___ # Push-ups	16 # Knee ____ # Toe ____ # Sets ____	17 # Knee ____ # Toe ____ # Sets ____	18 # Knee ____ # Toe ____ # Sets ____	19 # Knee ____ # Toe ____ # Sets ____	20 # Knee ____ # Toe ____ # Sets ____	21 # Knee ____ # Toe ____ # Sets ____
22 Benchmark Test Type: Knee Toe ___ # Push-ups	23 # Knee ____ # Toe ____ # Sets ____	24 # Knee ____ # Toe ____ # Sets ____	25 # Knee ____ # Toe ____ # Sets ____	26 # Knee ____ # Toe ____ # Sets ____	27 # Knee ____ # Toe ____ # Sets ____	28 # Knee ____ # Toe ____ # Sets ____
29 # Knee ____ # Toe ____ Sets ____	30 Benchmark Test Type: Knee Toe ___ # Push-ups	—				