

# 30 - DAY PUSH-UP CHALLENGE



- |   |   |
|---|---|
| <input type="checkbox"/> DAY 1 - 5 push-ups   | <input type="checkbox"/> DAY 2 - 7 push-ups       |
| <input type="checkbox"/> DAY 3 - 9 push-ups   | <input type="checkbox"/> DAY 4 - 11 push-ups      |
| <input type="checkbox"/> DAY 5 - 13 push-ups  | <input type="checkbox"/> DAY 6 - 15 push-ups      |
| <input type="checkbox"/> DAY 7 - REST DAY     | <input type="checkbox"/> DAY 8 - 17 push-ups      |
| <input type="checkbox"/> DAY 9 - 19 push-ups  | <input type="checkbox"/> DAY 10 - 21 push-up      |
| <input type="checkbox"/> DAY 11 - 23 push-ups | <input type="checkbox"/> DAY 12 - 25 push-up      |
| <input type="checkbox"/> DAY 13 - 27 push-up  | <input type="checkbox"/> DAY 14 - 29 push-ups     |
| <input type="checkbox"/> DAY 15 - REST DAY    | <input type="checkbox"/> DAY 16 - 31 push-ups     |
| <input type="checkbox"/> DAY 17 - 33 push-ups | <input type="checkbox"/> DAY 18 - 35 push-ups     |
| <input type="checkbox"/> DAY 19 - 37 push-ups | <input type="checkbox"/> DAY 20 - 39 push-ups     |
| <input type="checkbox"/> DAY 21 - 41 push-ups | <input type="checkbox"/> DAY 22 - <b>REST DAY</b> |
| <input type="checkbox"/> DAY 23 - 43 push-ups | <input type="checkbox"/> DAY 24 - 45 push-ups     |
| <input type="checkbox"/> DAY 25 - 47 push-ups | <input type="checkbox"/> DAY 26 - 49 push-ups     |
| <input type="checkbox"/> DAY 27 - 51 push-ups | <input type="checkbox"/> DAY 28 - 53 push-ups     |
| <input type="checkbox"/> DAY 29 - 57 push-ups | <input type="checkbox"/> DAY 30 - 60 push-ups     |