My 30 Day Push-up Challenge



- [ ] Day 1 - 1 PUSHUP
- [ ] Day 2 - 2 PUSHUPS
- [ ] Day 3 - 3 PUSHUPS
- [ ] Day 4 - **REST DAY**
- [ ] Day 5 - 5 PUSHUPS
- [ ] Day 6 - 6 PUSHUPS
- [ ] Day 7 - 7 PUSHUPS
- [ ] Day 8 - **REST DAY**
- [ ] Day 9 - 9 PUSHUPS
- [ ] Day 10 - 10 PUSHUPS
- [ ] Day 11 - 11 PUSHUPS
- [ ] Day 12 - **REST DAY**
- [ ] Day 13 - 13 PUSHUPS
- [ ] Day 14 - 14 PUSHUPS
- [ ] Day 15 - 15 PUSHUPS
- [ ] Day 16 - 16 PUSHUPS
- [ ] Day 17 - 17 PUSHUPS
- [ ] Day 18 - 18 PUSHUPS
- [ ] Day 19 - **REST DAY**
- [ ] Day 20 - 20 PUSHUPS
- [ ] Day 21 - 21 PUSHUPS
- [ ] Day 22 - 22PUSHUPS
- [ ] Day 23 - **REST DAY**
- [ ] Day 24 - 24 PUSHUPS
- [ ] Day 25 - 25 PUSHUPS
- [ ] Day 26 - 26 PUSHUPS
- [ ] Day 27 - **REST DAY**
- [ ] Day 28 - 28 PUSHUPS
- [ ] Day 29 - 29 PUSHUPS
- [ ] Day 30 - 30 PUSHUPS

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