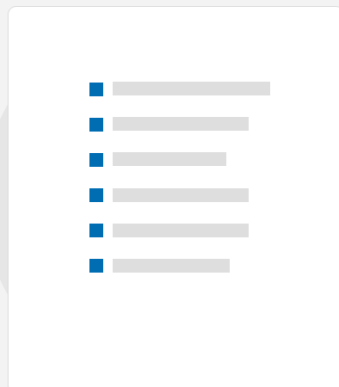


My 30 Day Push-up Challenge



☐ Day 1 - 1 PUSHUP

☐ Day 3 - 3 PUSHUPS

☐ Day 5 - 5 PUSHUPS

☐ Day 7 - 7 PUSHUPS

☐ Day 9 - 9 PUSHUPS

☐ Day 11 - 11 PUSHUPS

☐ Day 13 - 13 PUSHUPS

☐ Day 15 - 15 PUSHUPS

☐ Day 17 - 17 PUSHUPS

☐ Day 19 - **REST DAY**

☐ Day 21 - 21 PUSHUPS

☐ Day 23 - **REST DAY**

☐ Day 25 - 25 PUSHUPS

☐ Day 27 - **REST DAY**

☐ Day 29 - 29 PUSHUPS

☐ Day 2 - 2 PUSHUPS

☐ Day 4 - **REST DAY**

☐ Day 6 - 6 PUSHUPS

☐ Day 8 - **REST DAY**

☐ Day 10 - 10 PUSHUPS

☐ Day 12 - **REST DAY**

☐ Day 14 - 14 PUSHUPS

☐ Day 16 - 16 PUSHUPS

☐ Day 18 - 18 PUSHUPS

☐ Day 20 - 20 PUSHUPS

☐ Day 22 - 22 PUSHUPS

☐ Day 24 - 24 PUSHUPS

☐ Day 26 - 26 PUSHUPS

☐ Day 28 - 28 PUSHUPS

☐ Day 30 - 30 PUSHUPS