



30-Day Push-Up Challenge: 100 Push-Ups Per Day for 30 Days

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
_____ # Toe Pushups: ____ # Knee Pushups: ____ Sets: _____	_____	_____ Take your Before Photo!	_____	_____ Get your support system ready – who’s in this with you?	_____ Remember: How many you do today does not matter!	_____
_____ # Toe Pushups: ____ # Knee Pushups: ____ Sets: _____	_____ What are you most proud of?	_____	_____ Who’s noticed your bulging biceps?	_____	_____	_____ Feeling Stronger?
_____ # Toe Pushups: ____ # Knee Pushups: ____ Sets: _____	_____	_____ Can you do more than you did 2 weeks ago?	_____	_____ What’s motivating you today?	_____	_____ You are over half way done -- keep going!
_____ # Toe Pushups: ____ # Knee Pushups: ____ Sets: _____	_____ What are you most proud of??	_____	_____ Post a fun pic on FB!	_____	_____ What are you most looking forward to??	_____
_____ # Toe Pushups: ____ # Knee Pushups: ____ Sets: _____	_____	_____	_____ What are you working for?	_____	_____	_____ Take your After Photo!

YOU CAN DO ANYTHING YOU THINK YOU CAN!

For regular motivation, support, inspiration visit www.facebook.com/30daychallengeseries