

# Push-Up Challenge: 1+ Per Day

from the 30-Day Challenge Series & Eat. Drink & be Skinny!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Starting Measurements</b> bust ___ waist ___ abs ___ hips ___ Weight: ___	<b>Final Measurements</b> bust ___ waist ___ abs ___ hips ___ Weight: ___	This Month's Goal:	<i>A Goal Without A Plan is Just a Wish!</i>	This Month's Reward:	Day 1 <b>Push-up Benchmark Test</b> Type: Knee Toe ___ # Push-ups	Day 2 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #
Day 3 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 4 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 5 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 6 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 7 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 8 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 9 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #
Day 10 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 11 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 12 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 13 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 14 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 15 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 16 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #
Day 17 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 18 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 19 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 20 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 21 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 22 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 23 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #
Day 24 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 25 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 26 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 27 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 28 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 29 <b>Push-up</b> Type: Knee Toe ___ # ___ MTD #	Day 30 <b>Push-up Final Test</b> Type: Knee Toe ___ # Push-ups

Don't forget to take measurements and pictures on Day 1 and Day 30!

Visit [www.facebook.com/30daychallengeseries](http://www.facebook.com/30daychallengeseries) & [www.eatdrinkandbeskinny.com](http://www.eatdrinkandbeskinny.com) for full details & video instructions!