

30-Day Free Push-Up Challenge

from the Clean & Colorful & Eat. Drink & be Skinny!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 1 TEST # of push-ups you can do in 60 seconds _____	Day 2 # toe push-ups____ # knee push-ups __ Sets____	Day 3 # toe push-ups____ # knee push-ups __ Sets____	Day 4 # toe push-ups____ # knee push-ups __ Sets____	Day 5 # toe push-ups____ # knee push-ups __ Sets____	Day 6 # toe push-ups____ # knee push-ups __ Sets____	Day 7 # toe push-ups____ # knee push-ups __ Sets____
Day 8 # toe push-ups____ # knee push-ups __ Sets____	Day 9 # toe push-ups____ # knee push-ups __ Sets____	Day 10 # toe push-ups____ # knee push-ups __ Sets____	Day 11 # toe push-ups____ # knee push-ups __ Sets____	Day 12 # toe push-ups____ # knee push-ups __ Sets____	Day 13 # toe push-ups____ # knee push-ups __ Sets____	Day 14 # toe push-ups____ # knee push-ups __ Sets____
Day 15 # toe push-ups____ # knee push-ups __ Sets____	Day 16 # toe push-ups____ # knee push-ups __ Sets____	Day 17 # toe push-ups____ # knee push-ups __ Sets____	Day 18 # toe push-ups____ # knee push-ups __ Sets____	Day 19 # toe push-ups____ # knee push-ups __ Sets____	Day 20 # toe push-ups____ # knee push-ups __ Sets____	Day 21 # toe push-ups____ # knee push-ups __ Sets____
Day 22 # toe push-ups____ # knee push-ups __ Sets____	Day 23 # toe push-ups____ # knee push-ups __ Sets____	Day 24 # toe push-ups____ # knee push-ups __ Sets____	Day 25 # toe push-ups____ # knee push-ups __ Sets____	Day 26 # toe push-ups____ # knee push-ups __ Sets____	Day 27 # toe push-ups____ # knee push-ups __ Sets____	Day 28 # toe push-ups____ # knee push-ups __ Sets____
Day 29 # toe push-ups____ # knee push-ups __ Sets____	Day 30 TEST # of push-ups you can do in 60 seconds _____	Your Goal: Your Reward:	<i>"It's not about being perfect, it's about being better!"</i>	<i>"You can do anything you think you can do!"</i>	Starting Measurements bust __ waist __ abs __ hips __ Weight: ____ Body Fat % __	Final Measurements bust __ waist __ abs __ hips __ Weight: ____ Body Fat % __