

THE PUSH-UP CHALLENGE

INDIVIDUAL 2,000 PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge 2026.
Track your progress by marking your individual amount of reps per day.
Good luck!

DATE	DAY	TARGET	50	100	150	200	NO.	DONE
Thu 5 Feb	1	63		/				<input type="checkbox"/>
Fri 6 Feb	2	75		///				<input type="checkbox"/>
Sat 7 Feb	3	100						<input type="checkbox"/>
Sun 8 Feb	4	238	WEEK SUBTOTAL					
Mon 9 Feb	5	87						<input type="checkbox"/>
Tue 10 Feb	6	50						<input type="checkbox"/>
Wed 11 Feb	7	46						<input type="checkbox"/>
Thu 12 Feb	8	140						<input type="checkbox"/>
Fri 13 Feb	9	89						<input type="checkbox"/>
Sat 14 Feb	10	120						<input type="checkbox"/>
Sun 15 Feb	11	532	WEEK SUBTOTAL					
Mon 16 Feb	12	75						<input type="checkbox"/>
Tue 17 Feb	13	64		/				<input type="checkbox"/>
Wed 18 Feb	14	143						<input type="checkbox"/>
Thu 19 Feb	15	70						<input type="checkbox"/>
Fri 20 Feb	16	85						<input type="checkbox"/>
Sat 21 Feb	17	170						<input type="checkbox"/>
Sun 22 Feb	18	607	WEEK SUBTOTAL					
Mon 23 Feb	19	53						<input type="checkbox"/>
Tue 24 Feb	20	160				/		<input type="checkbox"/>
Wed 25 Feb	21	60		/				<input type="checkbox"/>
Thu 26 Feb	22	200						<input type="checkbox"/>
Fri 27 Feb	23	150						<input type="checkbox"/>

**2,000 PUSH-UPS.
5-27 FEB 2026.**

PUSH FOR BETTER