

# 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		WEEK SUBTOTAL				238	
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		WEEK SUBTOTAL				523	
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		WEEK SUBTOTAL				607	
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