

# THE PUSH-UP CHALLENGE

## TEAM PUSH-UP TALLY



Thanks for being a part of The Push-Up Challenge 2026!  
Track your progress below.

		TARGET	TEAM MEMBER NAME									
DATE	DAY											
Thu 5 Feb	1	63										
Fri 6 Feb	2	75										
Sat 7 Feb	3	100										
Sun 8 Feb	4	REST										
Mon 9 Feb	5	87										
Tue 10 Feb	6	50										
Wed 11 Feb	7	46										
Thu 12 Feb	8	140										
Fri 13 Feb	9	89										
Sat 14 Feb	10	120										
Sun 15 Feb	11	REST										
Mon 16 Feb	12	75										
Tue 17 Feb	13	64										
Wed 18 Feb	14	143										
Thu 19 Feb	15	70										
Fri 20 Feb	16	85										
Sat 21 Feb	17	170										
Sun 22 Feb	18	REST										
Mon 23 Feb	19	53										
Tue 24 Feb	20	160										
Wed 25 Feb	21	60										
Thu 26 Feb	22	200										
Fri 27 Feb	23	150										

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

PUSH FOR BETTER