

# 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	<b>REST</b>									
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	<b>REST</b>									
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	<b>REST</b>									
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**