

START DATE: _____



PUSH UP CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> 10 push ups	<input type="checkbox"/> 15 push ups	<input type="checkbox"/> 20 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 30 push ups	<input type="checkbox"/> REST
<input type="checkbox"/> 30 push ups	<input type="checkbox"/> 30 push ups	<input type="checkbox"/> 35 Push ups	<input type="checkbox"/> 40 push ups	<input type="checkbox"/> 45 push ups	<input type="checkbox"/> REST	<input type="checkbox"/> 50 push ups
<input type="checkbox"/> 20 push ups	<input type="checkbox"/> 55 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 65 push ups	<input type="checkbox"/> REST	<input type="checkbox"/> 70 push ups	<input type="checkbox"/> 30 push ups
<input type="checkbox"/> 75 push ups	<input type="checkbox"/> 35 push ups	<input type="checkbox"/> 80 push ups	<input type="checkbox"/> REST	<input type="checkbox"/> 90 push ups	<input type="checkbox"/> 40 push ups	<input type="checkbox"/> 100 push ups

Perform the suggested # of push ups. Break up # into am/pm if needed.

Go Be Amazing!

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