

30-Day Pushups Challenge

Instructions: Complete the recommended number of pushups indicated in each box. Record the number of pushups you completed in the blank space per day.

Technique: Start in a plank position with hands under but slightly outside of your shoulders. Inhale as you lower your body until your chest nearly touches the floor. Keep your elbows relatively close to your body so that your upper arms form a 90° angle. Exhale while pushing back up to starting position without locking your elbows. Clench your glutes and abs and look slightly ahead of you.

Option: Complete the same exercise but rest your knees on the floor.



Day 1 5 pushups I completed _____ pushups	Day 2 7 pushups I completed _____ pushups	Day 3 9 pushups I completed _____ pushups	Day 4 REST DAY	Day 5 12 pushups I completed _____ pushups	Day 6 14 pushups I completed _____ pushups	Day 7 14 pushups I completed _____ pushups
Day 8 REST DAY	Day 9 16 pushups I completed _____ pushups	Day 10 18 pushups I completed _____ pushups	Day 11 18 pushups I completed _____ pushups	Day 12 REST DAY	Day 13 20 pushups I completed _____ pushups	Day 14 22 pushups I completed _____ pushups
Day 15 22 pushups I completed _____ pushups	Day 16 REST DAY	Day 17 25 pushups I completed _____ pushups	Day 18 27 pushups I completed _____ pushups	Day 19 27 pushups I completed _____ pushups	Day 20 REST DAY	Day 21 30 pushups I completed _____ pushups
Day 22 34 pushups I completed _____ pushups	Day 23 34 pushups I completed _____ pushups	Day 24 REST DAY	Day 25 36 pushups I completed _____ pushups	Day 26 38 pushups I completed _____ pushups	Day 27 40 pushups I completed _____ pushups	Day 28 REST DAY
Day 29 45 pushups I completed _____ pushups	Day 30 50 pushups I completed _____ pushups	Congratulations! I completed a total of _____ pushups this month!				