



# My 30 day PUSH UP CHALLENGE

		<i>How am I feeling?</i>			<i>How am I feeling?</i>
<i>Day 1</i>	<b>1 PUSHUP</b>	.....	<i>Day 16</i>	<b>16 PUSHUPS</b>	.....
<i>Day 2</i>	<b>2 PUSHUPS</b>	.....	<i>Day 17</i>	<b>17 PUSHUPS</b>	.....
<i>Day 3</i>	<b>3 PUSHUPS</b>	.....	<i>Day 18</i>	<b>18 PUSHUPS</b>	.....
<i>Day 4</i>	<b>REST DAY</b>		<i>Day 19</i>	<b>REST DAY</b>	
<i>Day 5</i>	<b>5 PUSHUPS</b>	.....	<i>Day 20</i>	<b>20 PUSHUPS</b>	.....
<i>Day 6</i>	<b>6 PUSHUPS</b>	.....	<i>Day 21</i>	<b>21 PUSHUPS</b>	.....
<i>Day 7</i>	<b>7 PUSHUPS</b>	.....	<i>Day 22</i>	<b>22 PUSHUPS</b>	.....
<i>Day 8</i>	<b>REST DAY</b>		<i>Day 23</i>	<b>REST DAY</b>	
<i>Day 9</i>	<b>9 PUSHUPS</b>	.....	<i>Day 24</i>	<b>24 PUSHUPS</b>	.....
<i>Day 10</i>	<b>10 PUSHUPS</b>	.....	<i>Day 25</i>	<b>25 PUSHUPS</b>	.....
<i>Day 11</i>	<b>11 PUSHUPS</b>	.....	<i>Day 26</i>	<b>26 PUSHUPS</b>	.....
<i>Day 12</i>	<b>REST DAY</b>		<i>Day 27</i>	<b>REST DAY</b>	
<i>Day 13</i>	<b>13 PUSHUPS</b>	.....	<i>Day 28</i>	<b>28 PUSHUPS</b>	.....
<i>Day 14</i>	<b>14 PUSHUPS</b>	.....	<i>Day 29</i>	<b>29 PUSHUPS</b>	.....
<i>Day 15</i>	<b>15 PUSHUPS</b>	.....	<i>Day 30</i>	<b>30 PUSHUPS</b>	.....