

Month: _____

30 Day Push Up Challenge

Wellness Corner
www.wellnesscorner.ca



Date:	Date:	Date:	Date:	Date:	
1 15 push ups	2 16 push ups	3 17 push ups	4 18 push ups	5 19 push ups	REWARDS: <u>AFTER 10 DAYS:</u> <u>AFTER 20 DAYS:</u> <u>AFTER 30 DAYS: ** WAY TO GO **</u>
6 REST DAY	7 20 push ups	8 21 push ups	9 22 push ups	10 23 push ups	
11 24 push ups	12 REST DAY	13 25 push ups	14 26 push ups	15 27 push ups	
16 28 push ups	17 29 push ups	18 REST DAY	19 30 push ups	20 31 push ups	
21 32 push ups	22 33 push ups	23 34 push ups	24 REST DAY	25 35 push ups	
26 36 push ups	27 37 push ups	28 38 push ups	29 39 push ups	30 40 push ups	

1) PRINT AND FILL OUT DATES AND REWARDS
2) POST IN A VISIBLE LOCATION (KITCHEN IS A GOOD SPOT)

3) USE A HIGHLIGHTER AND DRAW A HAPPY FACE FOR ON EVERY DAY YOU COMPLETE.

4) DO YOUR BEST, BE PROUD OF YOUR ACCOMPLISHMENTS!

