

Push-Up Challenge 2022



35,490 PUSH-UPS IN 30 DAYS
TO PUSH-UP SURVIVORS OF SEXUAL ASSAULT

Create your own challenge

TIPS: 40 PER DAY = 1183 ~ INCORPORATE REST DAYS ~ BUILD UP TO A TARGET AMOUNT

Day 1		Day 16	
Day 2		Day 17	
Day 3		Day 18	
Day 4		Day 19	
Day 5		Day 20	
Day 6		Day 21	
Day 7		Day 22	
Day 8		Day 23	
Day 9		Day 24	
Day 10		Day 25	
Day 11		Day 26	
Day 12		Day 27	
Day 13		Day 28	
Day 14		Day 29	
Day 15		Day 30	