

Gabby Miller's April Pushup Challenge

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Rules:

1. You must complete all 30 days of the challenge- please check off boxes each day once completed
2. Pushups can be done from the knees or the feet... but please make sure it is challenging for you
 - Advanced version: double the amount pushups per day (or more)
3. Pushups can either be done all at once or throughout the day. ****Day 1 and 30 must be completed all at once**
4. Absolutely anyone can participate in this challenge... pass it along to family and friends for some competition
- 5 **Optional:* Take a video/picture on the final day and submit it with your completed calendar via text or email
6. **Optional:* finishers will be put in a name draw for 1st, 2nd, and 3rd place prizes for a personal training session
 - 1st place: **Half off** a session, 2nd place: **\$10 off** a session, 3rd place: **\$5 off** a session (good through May)
 - Please check "Yes" or "No" to participate in the drawing for prizes listed above: YES ☐ or NO ☐

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Day 1: Record pushups until failure # _____ <input type="checkbox"/>	Day 2: 10 pushups <input type="checkbox"/>	Day 3: 10 pushups <input type="checkbox"/>	Day 4: 10pushups <input type="checkbox"/>	Day 5: 10 pushups <input type="checkbox"/>	Day 6: 10 pushups <input type="checkbox"/>	Day 7: 10 pushups <input type="checkbox"/>
Day 8: 20 pushups <input type="checkbox"/> REST DAY: <i>*optional</i>	Day 9: 20 pushups <input type="checkbox"/>	Day 10: 20 pushups <input type="checkbox"/>	Day 11: 20 pushups <input type="checkbox"/>	Day 12: 20 pushups <input type="checkbox"/>	Day 13: 20 pushups <input type="checkbox"/>	Day 14: 20 pushups <input type="checkbox"/>
Day 15: 30 pushups <input type="checkbox"/>	Day 16: 30 pushups <input type="checkbox"/> REST DAY: <i>*optional</i>	Day 17: 30 pushups <input type="checkbox"/>	Day 18: 30 pushups <input type="checkbox"/>	Day 19: 30 pushups <input type="checkbox"/>	Day 20: 30 pushups <input type="checkbox"/>	Day 21: 30 pushups <input type="checkbox"/>
Day 22: 40 pushups <input type="checkbox"/>	Day 23: 40 pushups <input type="checkbox"/>	Day 24: 40 pushups <input type="checkbox"/> REST DAY: <i>*optional</i>	Day 25: 40 pushups <input type="checkbox"/>	Day 26: 40 pushups <input type="checkbox"/>	Day 27: 40 pushups <input type="checkbox"/>	Day 28: 40 pushups <input type="checkbox"/>
Day 29: 50 pushups <input type="checkbox"/> REST DAY: <i>*optional</i>	Day 30: Record pushups until failure # _____					