



**MONTHLY CHALLENGE**

**APRIL: Push- Ups**

★ Each circle indicates completion of a certain number of push- ups to complete each day

★ You may complete ONE circles per day

10 PUSH-UPS	20 PUSH-UPS	30 PUSH-UPS	20 PUSH-UPS	30 PUSH-UPS	40 PUSH-UPS	30 PUSH-UPS	40 PUSH-UPS	50 PUSH-UPS
40 PUSH-UPS	50 PUSH-UPS	60 PUSH-UPS	50 PUSH-UPS	60 PUSH-UPS	70 PUSH-UPS	20 PUSH-UPS	60 PUSH-UPS	70 PUSH-UPS
80 PUSH-UPS	70 PUSH-UPS	80 PUSH-UPS	90 PUSH-UPS	20 PUSH-UPS	100 PUSH-UPS			



**PROGRESSIONFITNESS**  
COMMUNITY • FITNESS • PASSION

**AFTER FILLING ALL THE CIRCLES, TURN IN COMPLETED SHEET FOR A BADGE!**