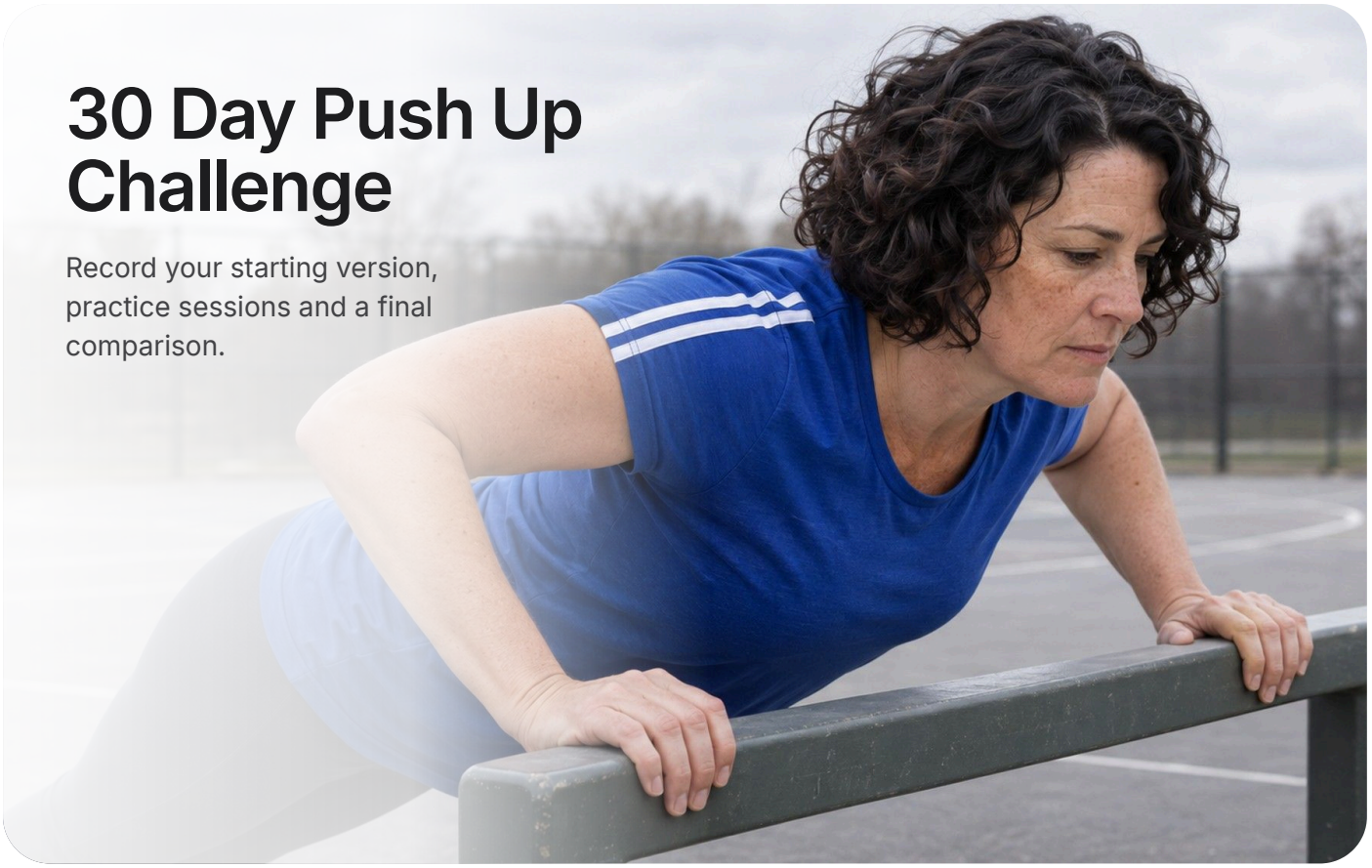
30 Day Push Up Challenge

Record your starting version, practice sessions and a final comparison.



WHY IT HELPS

A 30 day push up challenge gives you a month to record a starting set, regular practice and a final comparison. This printable keeps the exercise version, surface, sets and effort beside each date. Use the same setup for the starting and final records so the two entries can be compared.

HOW TO USE IT

Describe the start	Write the dates, version, surface and starting recorded set.
Plan practice	Name the session days, sets, repetitions and rest between sets.
Record each date	Write repetitions by set or mark rest, then add effort and a next note.

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Compare the same version and setup at the start and finish.

Example: Lee's month

Starting and final records

Date point	Version and setup	Recorded set
Day 1	Incline, same fixed rail	8 repetitions
Day 30	Incline, same fixed rail	11 repetitions

Practice notes

Day	Version	Sets recorded	Next note
3	Incline	3 sets of 5	Repeat
5	Incline	3 sets of 5	Keep same setup
7	Incline	3 sets of 6	Repeat
9	Incline	3 sets of 6	Keep same setup

Review

Same rail and hand position for both records. Three more repetitions in the final recorded set.

My starting plan

Start date and final record date

Version and setup

Wall, incline, knees or floor	Surface and hand position	Starting set

Practice plan

Session days	Sets and repetitions	Rest between sets

What I want to repeat consistently

Practice record, days 1 to 15

Mark rest on days without a session.

Day	Version or rest	Repetitions by set	Effort	Next note
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

Notes about setup and changes

Practice record, days 16 to 30

Mark rest on days without a session.

Day	Version or rest	Repetitions by set	Effort	Next note
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

Notes about setup and changes

Push up challenge review

Starting and final comparison

Record	Version and setup	Repetitions

What changed during the month

My next practice plan

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.