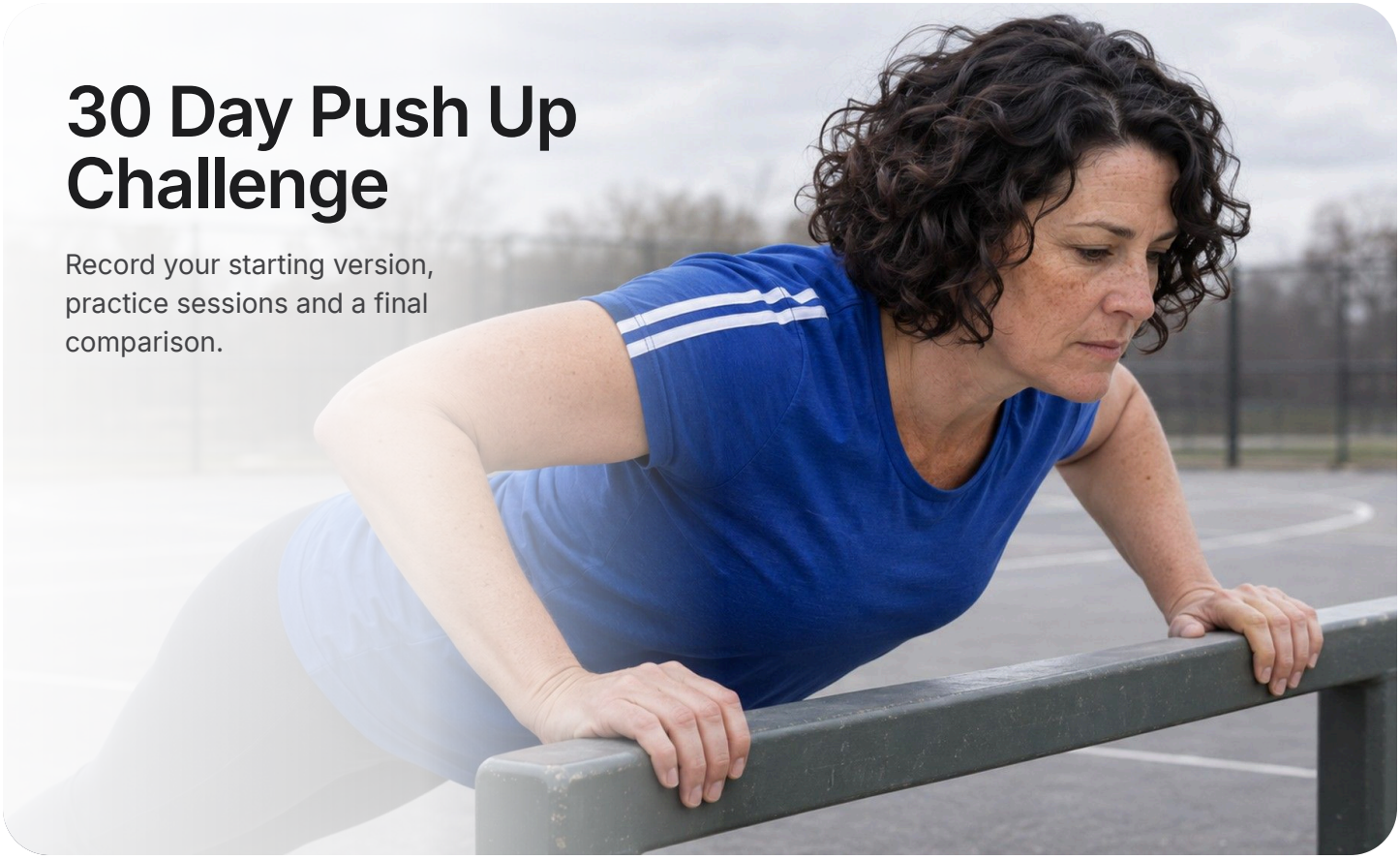
# 30 Day Push Up Challenge

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.



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# 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.