

# 30 DAY

# PUSH-UP CHALLENGE

[CLICK HERE TO LEARN HOW TO DO A PUSH-UP!](#)

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

## TOP TIPS

Remember to share your sweaty selfies, telling everyone of your progress!

Know your limits and don't overdo it. Keep yourself hydrated and don't forget to reward yourself afterwards!

## GET SPONSORED

Set up a JustGiving page so your friends and family can get behind you!

Remember to let them know why you are taking on this challenge!

[CLICK HERE TO GET STARTED](#)



CHILDREN'S  
HEART  
SURGERY  
FUND

1 in 100 babies are still being born with heart disease and our heart warriors still need the best care. **You are helping us to keep supporting hearts. Now and for life.**