

ELEMENTARY PHYSICAL EDUCATION

OCTOBER CHALLENGE

30 Day Push-Up Challenge

Day 1: 3 push ups

Day 2: 3 push ups

Day 3: 4 push ups

Day 4: 4 push ups

Day 5: REST

Day 6: 5 push ups

Day 7: 6 push ups

Day 8: 7 push ups

Day 9: 7 push ups

Day 10: 8 push ups

Day 11: 9 push ups

Day 12: REST

Day 13: 9 push ups

Day 14: 11 push ups

Day 15: 12 push ups

Day 16: 12 push ups

Day 17: 13 push ups

Day 18: 14 push ups

Day 19: REST

Day 20: 14 push ups

Day 21: 15 push ups

Day 22: 16 push ups

Day 23: 16 push ups

Day 24: 17 push ups

Day 25: 18 push ups

Day 26: REST

Day 27: 18 push ups

Day 28: 19 push ups

Day 29: 19 push ups

Day 30: 20 push ups