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**IOGKF Pushup Challenge**

**Train your mind and body!**

How many pushups can you do in one month? Set a goal and challenge yourself!

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Goal (#): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| DATE | NUMBER COMPLETED | Parents/Guardian Signature (if under 18) |
| January 31, 2022 |  |  |
| February 1, 2022 |  |  |
| February 2, 2022 |  |  |
| February 3, 2022 |  |  |
| February 4, 2022 |  |  |
| February 5, 2022 |  |  |
| February 6, 2022 |  |  |
| February 7, 2022 |  |  |
| February 8, 2022 |  |  |
| February 9, 2022 |  |  |
| February 10, 2022 |  |  |
| February 11, 2022 |  |  |
| February 12, 2022 |  |  |
| February 13, 2022 |  |  |
| February 14, 2022 |  |  |
| February 15, 2022 |  |  |
| February 16, 2022 |  |  |
| February 17, 2022 |  |  |
| February 18, 2022 |  |  |
| February 19, 2022 |  |  |
| February 20, 2022 |  |  |
| February 21, 2022 |  |  |
| February 22, 2022 |  |  |
| February 23, 2022 |  |  |
| February 24, 2022 |  |  |
| February 25, 2022 |  |  |
| February 26, 2022 |  |  |
| February 27, 2022 |  |  |
| February 28, 2022 |  |  |

**TOTAL Pushups completed**