Student Athlete Name: _____
Student Athlete Grade: _____

SJS Spring Track 2026: PushUp Challenge. 25 PushUps per day - 30 times. Do 5 Sets x 5 PushUps = 25; or 2 x 10 Pushups + 1 set of 5 = 25;. By the last week, you might be able to do 1 set of 25 PushUps. There are 77 boxes to complete 30 days of 25 PushUps. This is EASY. YES YOU CAN START BEFORE MARCH 23, 2026.

WEEK OF:	23-Mar	30-Mar	6-Apr	13-Apr	20-Apr	27-Apr	4-May	11-May	18-May	25-May	1-Jun
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											