



MEADOWRIDGE SCHOOL
30-Day Gryphon 'TOUGH ENOUGH' Challenge

Push-Up Challenge

Email scott.spurgeon@meadowridge.bc.ca to update your progress

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 45 PUSH UPS	2 45 PUSH UPS	3 50 PUSH UPS	4 REST	5 50 PUSH UPS	6 55 PUSH UPS	7 55 PUSH UPS Please send a picture
8 REST	9 60 PUSH UPS	10 60 PUSH UPS	11 65 PUSH UPS	12 REST	13 65 PUSH UPS	14 70 PUSH UPS
15 70 PUSH UPS	16 REST	17 75 PUSH UPS	18 75 PUSH UPS	19 80 PUSH UPS	20 REST	21 80 PUSH UPS
22 85 PUSH UPS	23 85 PUSH UPS	24 REST	25 90 PUSH UPS	26 90 PUSH UPS	27 95 PUSH UPS	28 REST
29 95 PUSH UPS	30 100 PUSH UPS Please send a picture and confirm you finished	31 DO AS MANY CONSECUTIVE PUSH UPS AS YOU CAN <u>ONCE</u> WITH GOOD FORM! FINISHED!				

Habits & Consistency

Set an alarm reminder, leave the schedule in a visible spot, do it with a friend or family members, whatever works for you.

You do not need to do the push ups all at once, spread them out over the course of the day.



Self-Improvement

- Make yourself better one day at a time. No matter it is a large jump, or a small step ahead keep going in the right direction. Rest is also RECOVERY, allow your body to get stronger.
- Don't do too much and be too sore to continue, especially at the start. Realistic goals.
- Think just 30 days & every 4th day is recovery. Appreciate the days you work out & recover.