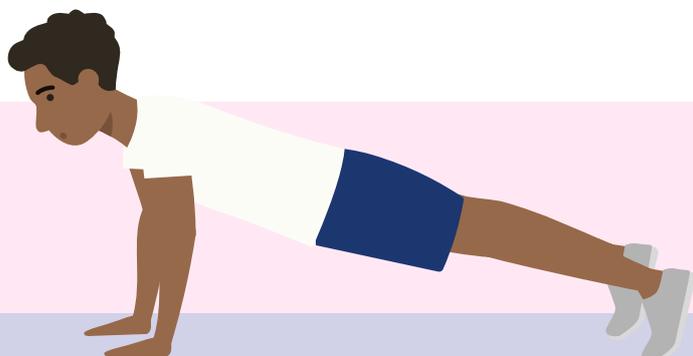


100 Push-Ups a Day Challenge Calendar



Keep track of your push-ups in April

Together we are
beating cancer



		1	2	3	4	5			
6	One week down – you’re smashing it!	7	8	9	1,000 push-ups complete!	10	11	12	
13		Halfway there!	14	15	16	17	18	19	
20			21	22	23	Keep on pushing! Only one week to go	24	25	26
27			You’ve done it!	28	29			30	

Visit cruk.org/100pushupsapril