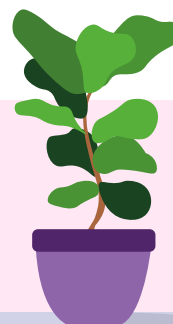
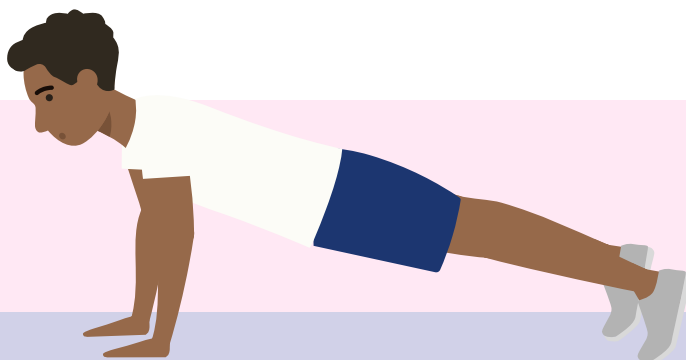


100 Push-Ups a Day Challenge Calendar

Keep track of your push-ups
in January



Together we are
beating cancer



				1	2	3
				One week down – you're smashing it!		1,000 push-ups complete!
4	5	6	7	8	9	10
				Halfway there!		
11	12	13	14	15	16	17
					Keep on pushing! Only one week to go	
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Visit cruk.org/100pushupsjan