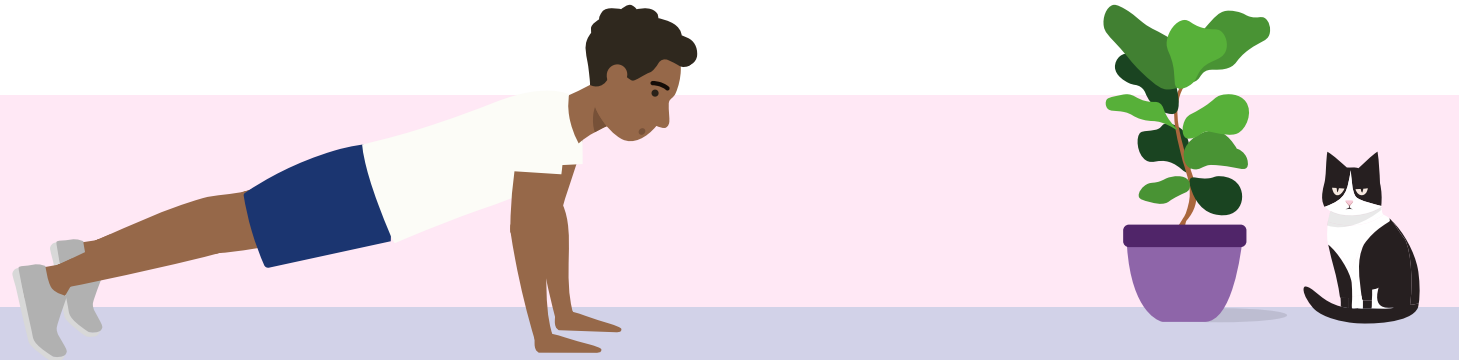


100 Push-Ups a Day Challenge Calendar

Keep track of your push-ups in September



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	24	25	26	27	
	28	29	30	Final day				

Visit cruk.org/septemberpushups