FolarraStudio

Push Up Challenge Tracker

push · rest · repeat

UNDATED · PRINTABLE · DAY BY DAY PLAN, TRACKER & RESULTS

This Tracker Belongs To

for anyone building a calmer, stronger life

NAME _____

STARTED ON _____

GOAL _____

WHY _____

REWARD _____

How to use this tracker

- Print the whole planner once, then print extra copies of the pages you use most, such as the Start and Plan pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Do your push ups each day, log the total and rest when your body asks.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My challenge word

Why I took this challenge

Contents

tap a title in the digital planner to jump to it

Start 4

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Before You Start

your starting point

Starting push ups

Goal push ups

Why I am doing this

Reward at the end

30 Day Plan

target and done

DAY	TARGET	DONE	FELT	TICK
1				☐
2				☐
3				☐
4				☐
5				☐
6				☐
7				☐
8				☐
9				☐
10				☐
11				☐
12				☐
13				☐
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17				☐
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25				☐
26				☐
27				☐
28				☐
29				☐
30				☐

Choose Your Level

targets by week

WEEK	BEGINNER	INTERMEDIATE	ADVANCED
Week 1	5 a day	15 a day	30 a day
Week 2	8 a day	20 a day	40 a day
Week 3	10 a day	25 a day	50 a day
Week 4	12 a day	30 a day	60 a day
Final	Max test	Max test	Max test

30 Day Tracker

color each day completed

STARTED _____ FINISHED _____

1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 

Push Up Variations

start where you are

VARIATION	TIP
Wall push up	Best first step
Incline push up	Hands on a bench
Knee push up	Straight line knees to head
Full push up	Chest to fist height
Wide push up	Hands wider than shoulders
Diamond push up	Hands close together

Rep Count Log

sets each day

DAY	SET 1	SET 2	SET 3	TOTAL	FELT

Push-Up Form Checklist

quality over quantity

Setup

- [ ] Hands under shoulders
- [ ] Body straight
- [ ] Feet together or apart
- [ ]
- [ ]
- [ ]
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Breath

- [ ] Breathe in down
- [ ] Out on the push
- [ ]
- [ ]
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Move

- [ ] Chest near floor
- [ ] Elbows about 45 degrees
- [ ] Full lockout
- [ ]
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Results

look how far you came

Day 1 vs final

Hardest day

Proudest moment

Next challenge

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this tracker makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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