

DoctorJeal 28 Day Exercise Challenges

28 Day Push Up Challenge Scoring Sheet

TARGET LEVEL	POINTS	EXERCISE LEVEL	POINTS
Level 1	1 point	Easy (Wall Press)	+1 point
Level 2	2 points	Moderate (Half Push Up)	+2 points
Level 3	3 points	Advanced (Full Push Up)	+3 points

Not completing the challenge for any day scores 0 points

DAY	LEVEL 1	LEVEL 2	LEVEL 3	SCORE	DAY	LEVEL 1	LEVEL 2	LEVEL 3	SCORE
1	6	12	18		8	8	16	24	
2	12	24	36		9	10	20	30	
3	12	24	36		10	20	40	60	
4	6	12	18		11	20	40	60	
5	8	16	24		12	10	20	30	
6	16	32	48		13	12	24	36	
7	16	32	48		14	24	48	72	
15	24	48	72		22	32	64	96	
16	12	24	36		23	32	64	96	
17	14	28	42		24	16	32	48	
18	28	56	84		25	18	36	54	
19	28	56	84		26	36	72	108	
20	14	28	42		27	36	72	108	
21	16	32	48		28	18	36	54	

Total Score	
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