

House of Courage Karate

Push Up Challenge

Student: _____

Date Beginning: _____ Date Ending: _____

	<i>Day</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>
Week 1 MAX _____	Sunday				
	Monday				
Week 2 MAX _____	Tuesday				
	Wednesday				
Week 3 MAX _____	Thursday				
	Friday				
Week 4 MAX _____	Saturday				
	TOTAL				

Week 1 Max _____ x .65 = 65% _____ x .35 = 35% _____ x .25 = 25% _____

Week 2 Max _____ x .65 = 65% _____ x .35 = 35% _____ x .25 = 25% _____

Week 3 Max _____ x .65 = 65% _____ x .35 = 35% _____ x .25 = 25% _____

Week 4 Max _____ x .65 = 65% _____ x .35 = 35% _____ x .25 = 25% _____

Max out on pushups at the beginning of the week. Multiply this number by .65, .35, .25 to give you new numbers for your repetitions to do **every other day** of the week. Re-max at the beginning of the next week which should give you a higher number and then re-multiply again to give you new repetition numbers.

The Winner is determined by the greatest improvement by percentage

EXAMPLE: Max 10 pushups. 10 x .65 = 6.5 pushups, 10 x .35 = 3.5 pushups, 10 x .25 = 2.5 pushups. Round the numbers up. The first day you start you would do 7 pushups/rest 30 secs, 4/rest 30 secs, 3/rest 30 secs.

Each participant will receive a purple star to put on their uniform or if there is a designated prize