

DoctorJeal Monthly Exercise Challenges

MarchUP 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 | |
| 29 | 20 | 40 | 60 | | | | | | |
| 30 | 40 | 80 | 120 | | | | | | |
| 31 | 40 | 80 | 120 | | | | | | |

| | |
|--------------------|--|
| Total Score | |
|--------------------|--|